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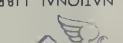


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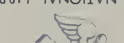
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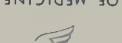
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THE MANAGEMENT OF CHILDREN.

BY

✓
AMIE M. HALE, M. D.

TO
CHARLES WARRINGTON EARLE, M. D.,
PROFESSOR OF DISEASES OF CHILDREN IN THE WOMAN'S
MEDICAL COLLEGE,

I Dedicate this Little Book,

NOT LESS IN GRATEFUL RECOGNITION OF HIS LABORS
FOR THE MEDICAL EDUCATION OF WOMEN, THAN
OF MY OWN PERSONAL OBLIGATION
TO HIS KINDNESS.

CHICAGO, Feb. 24th, 1880.



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THE MANAGEMENT OF CHILDREN.

CHAPTER I.

INTRODUCTORY.

ACCORDING to the Report of the Board of Health of the City of New York, for the year 1876, 14,208 children under five years of age died during the year. The whole number of children under five years of age in New York is computed to be 130,000. Of these, 110 in every 1000 die. The deaths among infants under one year show a much larger proportion.

The year 1876 was not exceptionally disastrous to human life, and these figures, taking one decade with another, are probably not above the average.

This appalling mortality among children, which is at once the despair of medical science and the shame of our sanitary system, must very largely, no doubt, be set down to ignorance on the part of the mother, not only of proper nursing in illness, but of the methods by which sound health may be maintained.

Besides the actual loss of life, the amount of suffering endured by young children directly traceable, in a vast number of cases, to mismanagement on the part of the mother, is one of the most painful things an educated observer has to contemplate. Ignorance of the requirements of an infant; ignorance of the indications of grave disease, and inability to distinguish between these and those slight ailments which need no treatment; readiness to accept foolish counsel without reflection; an easy adoption of fallacious theories and notions not founded in reason—all these things tell fearfully against the chances of the little one for health and continued existence.

What wonder is it that the baby dies or lives to suffer perpetual torment, when we consider how innocent most young mothers are of any knowledge whatever of their important and novel duties? During her illness she gathers a few items of information from the nurse, her mother, or mother-in-law, or the maiden aunt may be at hand with advice. This advice may be wholly judicious; some of it will doubtless be excellent, but it will be strange if it is not adulterated with foolish whims and crude absurdities. Such as it is, however, this is the young mother's whole outfit, save in exceptional cases. I do not forget that a quick intelligence can atone for a multitude of deficiencies, and that a little good sense will go far to make amends for want of experience, but this will fall short of the need. For the good of her child, the mother needs all the positive knowledge she can

acquire, superadded to her own judgment of what is proper and desirable.

It is a dreary thing for the mother to reflect, years after the grave has closed over her child, that if she had known earlier what she knows now, what seems so simple and easy to learn, she might have saved the precious life that went out so soon.

For me, I confess I cannot be comforted for this loss of life by the trite consolation that the little one is "better off, and perhaps taken away from the evil to come." I think that this life is a good thing, that its experience is needful for the symmetrical rounding out of human character, and that it is a great misfortune to lose what this life has to give, no matter how far transcending its enjoyments are those of that other life of which we know so little. The right, the fit and the natural way is the living out of this life until the ripeness of old age loosens our hold upon it. These consolations, which really console nobody, are only our vain strivings to lighten the burden of that insupportable and immitigable sorrow, Death.

And so, because there are so many mothers sitting under the shadow of a great woe that need not have been, and because I pity the poor babies, who, besides being exposed to the natural perils of infancy, are subject to those of officiousness and ignorance, I propose to tell in a few chapters what I know about taking care of children in sickness and in health, hoping thus to be of some service to those who are willing to learn. I shall assert nothing which has

not the sanction of the best authority, and if at any time I venture an opinion or suggestion opposed to the general view, I shall take care to indicate that it is my opinion and give my reasons for it.

At the outset I wish to urge upon mothers a few considerations whose reasonableness will, I think, be easily apparent.

Do not be too ready to adopt general maxims or inflexible rules for the treatment of your children, such as that "an infant should have a cold bath every day," or that "food should never be given between meals." Be satisfied with principles, and in details be governed by circumstances. Remember that conditions vary constantly. In case of illness, serious or otherwise, when you have chosen a physician, do not hastily discard his advice for that of the well-meaning but mistaken mother, or aunt, or neighbor. It is true that the doctor may be wrong, but the chances are a thousand to one that it is the friend who is so. Consider that, though she may have raised half a score of children, his experience is wider than hers. A physician in good practice sees more disease in one epidemic than the most peripatetic neighbor, who is "so good in sickness," sees in a lifetime. The doctor, too, trained as he is to observe details, sees things which escape the unprofessional eye, and he knows, also, their relative importance. I speak of the well-educated physician, and have no wish to undervalue those sensible, good women, whose practical experience is worth more than the superficial

knowledge of the ignorant graduate, whose study is a sham and whose diploma is a fraud. I wish chiefly to indicate the fact that amateur doctoring, though it may chance to do well, is an unsafe dependence, since it has few principles to guide it, and its practice is founded upon a limited number of facts, and those but imperfectly understood. Like everything else amateur, it is wholly unsatisfactory when tried by any high standard of professional art.

Obeys the doctor's directions implicitly. The exigency seldom arises when it is safe to put aside his instructions. If it seems to arise, it is better to consult him, even at the cost of some trouble, than to run any risk.

Do not always be dosing children. The slight *malaise* will often disappear under the combined influences of rest, light diet, and sleep. Do not, on the other hand, let the child suffer day after day when you don't know what is the matter, because you "don't believe in medicines." It is one thing to give medicine when it is not required, and another to use it judiciously to ward off or control serious disease.

Discourage the growth of crotchets in your brain, and keep a teachable spirit. In any sudden illness, be watchful and careful, but be cool. Do not give way to unreasoning fright, and do not foolishly, I had almost said wantonly, sacrifice your own health in a frenzied solicitude to do everything yourself. If the disease is one that runs a swift course and the baby's life is told off by heart-beats, the mother may

then well forget herself and refuse to leave the bedside of her darling; but if many days or weeks are to pass, it is requisite that you obtain sleep, eat nutritious food, get frequent baths and fresh air. A little careful husbanding of resources at the beginning, when the symptoms are mild and the danger not urgent, will sometimes enable one to be of inestimable service at a crisis when everything tells on the result.

In contagious diseases, religiously observe the precautions designed to secure your own safety and that of others.

CHAPTER II.

THE BABY.

LET us consider, now, the new-born babe. He is as ugly as a frog, and not unlike one, with his disproportionately large trunk and limbs sprawling wildly about. Scarcely in the world, his troubles have already begun. The nurse washes the soap into his eyes, and then pins him up tightly in a bandage. Is this for warmth? A flannel band loosely applied is a wise arrangement. No; not for warmth, but to keep him in shape. There is danger, then, of his falling apart. Nature, it seems, did not know what she was about when she fashioned those flexible ribs and those elastic but strong abdominal walls. One would think they were designed on purpose to maintain the cohesion. I believe that they were, and that they are fully adequate to that end. I advise the mother, when she is able, to look to that bandage. Very injurious pressure may be made with it quite unawares to the nurse.

Do not burden the baby nor tax yourself with the removal and replacement of numerous strata of fantastically made garments. The more simple the clothes and the fewer, so that warmth be secured,

the better. Let there be absolutely no pressure on the chest, no cutting in of straps and seams about the shoulders and armpits, no avoidable wrinkles anywhere. The red creases seen in the tender flesh when the child is undressed often bear witness to the cruel fashion of the attire. The under-garments should be made of soft flannel. In summer this may be light, and, if the skin is sensitive, a very thin muslin may be interposed between it and the surface of the body. It must be remembered that infants have but a feeble power of generating heat, and are absolutely dependent upon communicated warmth. And here I must enter my earnest protest against the custom of carrying new-born children from room to room, and even from house to house, for exhibition. I have no doubt that many of the obscure as well as familiar diseases of infants have their origin in this reprehensible practice. Nothing is more easy than for the sensitive surface to become chilled, and various congestive disorders may be thus induced. Let the baby remain for the first few weeks in the room with the mother, the air there being kept pure and sweet, and only very gradually inured to change of temperature. It should be kept quiet; not unnecessarily tossed about or rudely handled. In the case of the prematurely born child, these suggestions of equable warmth and perfect repose become infinitely more important. The endeavor should be to maintain a condition as nearly as possible resembling the ante-natal one. These children I would have

kept especially warm and still, gently bathed in warm water not more than twice a week, the daily bath being replaced by inunctions of cod-liver or olive oil applied to the whole surface of the body, the nurse sitting by the fire meanwhile and carefully protecting the child from draughts. Many of these children die from an imperfect development of the vital organs, which are therefore incapable of a proper performance of their functions; but I believe a much larger proportion of them might be saved with more judicious and careful treatment.

In the accidental absence of the trained nurse, it may become necessary for inexperienced hands to perform that somewhat formidable operation to the amateur — the first washing of the baby.

A large basin of warm water, fine soap, soft towels and sponges, and a small jar of olive oil are the needful equipments. A seat sheltered from draughts, and near the fire in cold weather, is also essential.

The surface of the child's body will usually be more or less covered with a white, curdy substance, technically called the *vernix caseosa*.

To facilitate the removal of this, first rub the body all over with the olive oil, which should have been previously warmed. After this inunction, apply the warm water with a soft sponge or bit of linen and wash the skin perfectly clean, giving special attention to the armpits, the creases under the chin and elsewhere, the spaces between the fingers and toes. With a fresh basin of water and a clean sponge wash

the eyes, the mouth, and the nostrils, without the use of soap. Wash the ears, also, but do not allow water to run into them. Afterwards dry the surface quickly and thoroughly.

This care of the skin, thus early begun, must be continued, in order to secure the comfort of the little one. I have seen a degree of neglect in this particular, even among tolerably careful mothers, which seemed to me almost unpardonable; and I think much of the fretfulness of infants, as well as the spells of crying which so afflict and dismay the mother and everybody within hearing, may be traced to some personal discomfort, like this of an irritated, smarting skin. Not only the excretions, but the exhalations from the skin, are often acrid enough to produce an amount of irritation which an adult would hardly bear with composure. The preventive and remedy is, first of all, cleanliness. The child should be washed, not in a slipshod, careless fashion, but with a sufficiently careful hand and a liberal use of water to absolutely insure the removal of all sources of irritation; and the bath should be repeated often enough to keep the surface clean. In drying the skin, especial care should be taken to remove every particle of moisture from all the flexures of the body, and this should be done, not roughly, but with a gentle hand. Use as little soap as possible, and that of the finest kind, and have it well washed off with pure water. If rain-water can be had for the bath, so much the better. After the sur-

face is well dried, any of the harmless powders in general use may be employed with a view of preventing chafings or excoriations, which, however, will rarely occur if perfect cleanliness, by the proper methods, be secured.

In the case of a sick child, when the skin inclines to be tender at those points where pressure is made, washing with diluted camphor-water is of great service. But sick children should not be allowed to lie long in one position, and the bed should be made as smooth and as free from inequalities as possible. When there is any cerebral disorder or any disease accompanied by much heat in the head, something else than a feather pillow should be used. I know of nothing so good as a pillow made of finely-shredded corn-husks. Young infants in sickness may lie on this pillow, covered in winter with a blanket and in summer with a folded sheet, to their own great advantage and the ease of the nurse. If, in spite of care, chafing and excoriations occur, use a powder composed of one drachm of sub-nitrate of bismuth to one ounce of lycopodium or rice-powder. Cool salt-water baths relieve the prickly-heat, which is so annoying in summer. Rose-water is also pleasantly cooling; so is bay-rum, largely diluted.

I decidedly prefer the warm bath for young infants, the temperature not being below that of the surface. As the child grows older and stronger, the bath may be made cooler. The cold bath is invigorating when a perfect reaction can be obtained; and

delicate children, after the first year, may be greatly benefited by it, if it is carefully given. The room should be warm, the skin rubbed dry and made to glow like a rose. Salt added to the water is useful, and a little aqua-ammonia makes a stimulating bath. When the reaction is deficient, one or the other of these should be used, if the cold bath is attempted.

Always be able to command a fire in at least one sleeping-room in the house. The practice of banishing all the stoves to the garret in the spring has probably been the occasion of more illness than any other family custom. In our climate there is not a month in the year when damp, chilly weather is not liable to occur, and in such weather a fire is essential to the comfort and health of children and of feeble adults.

CHAPTER III.

FOOD AND SLEEP.

WHAT shall the baby eat? Here Nature's provision is eminently wise. Nothing is so good as the mother's milk, if it be healthy milk. If not, a good wet-nurse offers the best chance of saving the child. It is true, that many children thrive "brought up by hand," but the odds are fearfully against it, especially if one is dependent upon servants. If this is attempted, the mother ought, if possible, to attend to the preparation of the food herself, and to see that the bottle and tip are kept quite clean and sweet. When these are not in use, they should be laid in a bowl of cold water which has been made alkaline by a pinch of soda. This is an important point. I was told by an inmate of a great charitable institution for children in this city, that they had given up the use of the bottle and fed the infants from a teaspoon "because the girls" — mothers and nurses expecting to be mothers — "would not keep the bottles clean." It is from this class that the nurses in our homes are drawn. If they will not properly look after the well-being of their own children, how may they be expected to treat the infants whom they are hired to

attend? Vigilant supervision by the mother is indispensable.

It is always desirable to have professional advice in the selection of a wet-nurse, in order to be assured that she is in sound health, and therefore not liable to communicate disease to her foster child. It is best that she should be of a placid temperament, and not prone to fits of anger, since it is well known that indulgence in great emotion of any kind, affects the quality of the milk. Fatal convulsions in the infant, which could not be traced to any other cause, have been known to follow a period of intense excitement in the nurse.

The nurse should have plenty of fresh air, exercise in moderation and sufficient sleep. If her hours of sleep are too much disturbed by the child, the nervous fatigue thus induced will react on the infant and perpetuate his restlessness. Her food should be abundant and nutritious, and in the main such as she has been accustomed to and prefers.

The babe should be put to nurse, unless there are reasons against it, within a few hours after its birth. It is born with the instinct to nurse, and if any long delay occurs, this instinct is lost. It literally forgets how. In the case of prematurely born children, if the natural nourishment is not to be had, a wet-nurse should be procured whose milk is still fresh. Failing in this, great care should be taken not to over-feed the child. It may be perfectly formed to all external appearance, but the digestive organs may still be too

imperfectly developed to dispose of anything but the very lightest nourishment. Often a little sugared water is all they require for the first few days. One of the tiniest mites that ever survived was fed for six weeks on orange juice and sugar. I have forgotten how much, or rather how little, she weighed, but she was clothed about by cotton-wool only for three months, and kept on a pillow. In spite of the discouraging prospect, she made one of the brightest and healthiest little girls I ever knew.

If anything other than sweetened water is given, it may be a very weak oatmeal or barley-water, with a pinch of sugar and a teaspoonful of cream to the ounce. Cow's milk, however diluted, is wholly unsuitable.

Next to its food, perhaps equal to it in importance to the young child, is sleep. Nothing is a more certain symptom of illness than loss of sleep; nothing more surely points to increasing physical disturbance than a growing restlessness and sleep which becomes more and more broken. An infant in perfect health, nourished properly and abundantly, will sleep twenty hours out of the twenty-four until it is a month or two old. After two or three months the baby will be more wakeful during the day; but still, if well, it should sleep soundly all night, from early evening until morning, waking but once or twice to nurse; and it should also have a nap of two or three hours in the forenoon, and one not quite so long in the afternoon. Some would sleep all night without wak-

ing at all. At the age of six or eight months, sometimes earlier, dentition commences, the health is impaired, and the sleep begins to be disturbed.

It is true that a great many infants do not sleep in the natural and wholesome fashion above described. Sometimes the baby is restless and troublesome from the first. Some mothers do not know what it is to have a good night's rest from the birth of their child until it is two years old or more. Certain children are born with a nervous system extraordinarily susceptible to slight impressions. This inherited diathesis is a grave misfortune, not to be wholly overcome by any means, but I believe it can be materially modified by a judicious regimen. It can certainly be immensely aggravated and developed by a careless disregard of hygiene. After dentition begins, a certain degree of nervous disturbance often necessarily exists. But, aside from this, if the baby is habitually troublesome at night, there is something amiss, and in nine cases out of ten that something amiss is in the digestion. Look for one moment at the way a majority of American infants are reared. By the time the baby is five or six months old, sometimes earlier, it not only is given all the milk it will drink in addition to its natural food, but it is fed at table, — bread, meat, potatoes, cabbage, pies, cake, pudding, — anything which the adults of the family eat. Instead of knowing it to be the most natural thing in the world for all young animals, the human included, to devour whatever food comes within its

reach, many mothers seem to think it a proof of surprising cleverness in the baby to swallow the food which they masticate and put into its mouth. As it grows older, its appetite also grows; and, spoiled by custom, the baby screams for whatever dish may catch its fancy. At a year old it munches cake at tea and lunch, often just before bedtime; gnaws apples, swallowing, of course, hard bits that tax its powers of digestion beyond their capacity, and sucks candy freely, between meals. What wonder that it shrieks out with nightmare in its first sleep? What is the remedy? The child is put to the breast! This soothes for the time, and he falls asleep. But nature will not be outraged. Presently another series of frantic shrieks are heard, and the same remedy is applied. Each successive waking becomes more frightful, and at last there is a long, dreadful crying-spell, which forces the mother to rise, and perhaps walk the floor for hours. Fortunate is she if she has the skill to give a simple medicine which would help digestion and relieve the overtaxed stomach. She is more likely to walk the floor until the child is tired out, and at last falls asleep from utter exhaustion. The next day the unhappy mother goes about pale and jaded, and wonders why her children are so "nervous!"

After a winter of this regimen comes, perhaps, the second summer, with its trials and, in the city at least, its grave perils. If the child succumbs, or comes out in October from a long season of suffer-

ing, pale, puny, emaciated, who suspects that the seed was sown for this sad harvest away back in those winter days? Yet that is the exact truth.

The above is no fancy sketch. Its original may be seen any day in homes where one has a right to expect better things, and it is almost the rule in the households of the uneducated classes.

If, then, the baby cries at night, try and find out the cause. See if it be improper food, or an overabundance of plain food; and when there is the least reason to suspect that it is either, never try to quiet the cry by crowding the stomach still more. If there is no fault in the digestion, there is almost always some discernible cause elsewhere. It may be too warm, or too cold, or uncomfortable dress, or an irritated skin. Opening a window for the admission of fresh air will sometimes do wonders.

If there is no physical discomfort, and the child cries from pure depravity, night or day, though I do not believe this happens once in a thousand times, I should take effective measures to stop it. A child a year old or more should not be allowed to scream frantically every time its mother leaves the room, or at any like trifle. Frequent and prolonged crying is an injury to the child. There are limits even to the allowable tyranny of the baby, and these should be imposed for its own good. A child that knows enough to do things which please him when asked, can be made to refrain from crying. The lesson of self-control cannot begin too early. It is a great pity

that nervousness and ill-temper have become interchangeable terms, or rather, the term ill-temper has been abolished, and the baby which was once unendurably "cross" is now only "nervous." Do not condone this fault too easily, or he will by-and-by take his revenge upon your weakness in a humiliating fashion. While I would have the tenderest forbearance for real nervousness, I would put a decided check upon the early manifestations of bad temper.

CHAPTER IV.

HOW SHALL CHILDREN BE DRESSED?

IT is the good fortune of the present generation of children that fashion now recognizes the necessity for protection of the neck and arms of infants, and the baby's dress no longer lacks that grace by whose absence good taste is forever offended — the grace of appropriateness.

The primary intention of dress being thus conceded, the modern high-necked, long-sleeved slip, descending a little way below the feet, meets the requirement. If means and leisure have not been wanting to the happy mother, the little garments may be charming in their dainty material, and the exquisite art of their making, but these are not missed nor demanded by good taste or comfort if the dress be clean and innocent of starch. Beneath is the soft-knitted or hand-made underwear, as few pieces as may be, and fitted with scrupulous care.

While the infant continues to wear long robes, these will, in most cases, be sufficient to keep the feet warm during the summer; but, if they are not, if the feet seem cold to the hand, soft woollen socks should be provided. When the long frocks are re-

placed by short ones, the stockings should be made as long as they can be comfortably worn. No pains should be spared to keep the lower limbs warm both in summer and winter. "Keep the feet warm and the head cool" is an old and golden maxim of hygiene. If the opposite of these conditions habitually exists, look out for illness sooner or later. The approach of some of the gravest forms of disease is indicated by coldness of the feet and abnormal heat in the head.

Let the baby wear, in winter, warmly-lined shoes, chosen for comfort and not for show. Every one knows that the bowels should be protected from chills; but this care of the extremities is quite as important. And not the lower extremities only. Keep the arms well covered, and do not let the little one go with cold hands. As soon as the child is old enough to wear them, the woven union under-garments of merino will be found an adequate protection. Home-made garments of flannel are still better for warmth, and if nicely fitted, and the seams made and kept smooth, they will be very comfortable.

The baby, creeping about the carpet, or the older children at play in the corner, are exposed to all the draughts that enter beneath the doors and base boards of our shabbily-built houses. The costly marble front is often as faulty in this respect as the frame cottage. Sometimes the little one is just tall enough to reach the bottom of the window-sash. There are insidious draughts here, too, which pro-

voke sore throat and catarrh. Weather-strips are useful to shut them out; in their absence it is a good plan to paste strips of paper across where the lower sash shuts down against the sill, leaving the upper sash free to be lowered at pleasure. If the doors swing inward, thick rugs placed outside will help exclude the cold air. But whatever precautions may be taken, the child should still be warmly dressed. For out-of-door wear woollen leggings should be provided. For children old enough to run about, the gossamer rubber cloth serves an excellent purpose for rainy weather wear. It may be bought by the yard, if desirable, and made up at home. If worn only in wet weather, and replaced at other times by woollen, no harm will arise from retained perspiration. A circular cape of the same material should be a part of every little school-girl's equipment.

Although so much has been said against sacrificing the health of children, little girls especially, to irrational fashions, there are still mothers who are deaf and blind to all admonition. A few days since I saw a lovely, delicate little girl of seven or eight, coasting on the pavement. The snow was melting, and yet there was a bitter wind. The little lady's navy-blue cashmere was prettily cut and trimmed. She had a fur-bordered sacque and fur-trimmed gloves. But the slender legs were covered with cotton stockings, and French kid boots with French heels were on her feet. "But," says some one, "she doubtless wore long flannel drawers, reaching to the

ankle." Admit that she did, and suppose the stockings had been woollen instead of cotton. Here are but two thicknesses of fabric between the sensitive skin and the frosty winter air. Your boy and your robust husband have also their flannel drawers; over these the warm woollen stockings; the pants come to the ankles, and are, perhaps, lined; besides all these the leather boot-tops, impenetrable by cold.

An old and distinguished New York physician wrote as follows:

"There can be no doubt that the style of dress used for children in this country must occasion many and repeated attacks of croup, which might just as well have been avoided." And again: "We are perfectly well convinced that this faulty and unreasonable system of dress, which is chosen because it is the fashion, will explain in part the enormously greater frequency in children than in adults of the various diseases of the lungs and air-passages produced by cold."

Since this was written, fashion has made large concessions to good sense, and a more reasonable style of dress prevails, but by no means so generally as it ought.

Let me also urge warm clothing for the lower limbs on the score of esthetics. A well-developed, round, plump leg has a beauty which every one recognizes. Especially do we demand plumpness and roundness in childhood. When the limbs are inadequately clothed, not only the vitality of the body

is reduced, but the temperature of the exposed part is lowered. From both of these causes the nutrition of the part is impaired. Hence the spindle-shanks which prevail among fashionably dressed children.

"But," says an objector, "the children of the poor are half-clothed and half-fed into the bargain, and they grow up healthy."

This is a great mistake. Multitudes of them do not grow up at all. Death finds his richest harvest in the slums of the city, and among the poor and ignorant. Nor, if they grow up, are they especially "healthy."

It is altogether an error to suppose that vigorous health and poverty are always or usually found in conjunction. The ill-cared-for children of the poor are liable to many diseases which the children of the more fortunate classes escape, or may escape. When there is not inherited disease, if the children of the well-to-do family are not healthy, it is almost always the fault of the management. In the struggle for life, their chance is infinitely the best.

Do not remove the high-necked and long-sleeved under-garments, that the child may go to a full-dress children's party. These absurd affairs are the apotheoses of parental vanity and the culmination of all that is most foolish and artificial in our society life. If the child goes to dancing-school, or to any entertainment where she is liable to be overheated, some careful person should be at hand with plenty of warm wraps for out-of-door wear. Young children

had best wear flannel under-clothes the year round; and remembering that winter, in our climate, lasts nine months of the year, and is liable to relapse any time in the remaining three, we must be on our guard against sudden changes. When the wind veers to the north, or an icy blast sweeps down from the mountains or in from the sea, put on the warm dress or the thicker flannel *before* the child takes cold.

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CHAPTER V.

EXERCISE, AIR, SUNSHINE.

IN a climate like ours, which forbids out-of-door exercise a large number of days in the year, not more by its rigorous cold than its intense heat, the question of exercise in the open air becomes sometimes perplexing. As to the exercise itself, there should be no question. The young animal, human and other, "feels its life in every limb," and this exuberant vitality impels it to incessant action.

The healthy puppy alternates sleep and play; and the one is as essential to his growth as the other. To chain up the puppy or compel the child to sit still for any great number of consecutive minutes, is a crime against nature, which that august force is apt to avenge by stunted or unhealthy growth.

There is, indeed, a vast difference in children as regards their love of play. With many it is an urgent impulse, which allows them hardly a moment's quiet. These indefatigable ones need often a salutary restraint. A short rest should now and then be enforced, remembering always that the hour which flies for the busy adult is a long age to the little one. Less often we are under the necessity of coaxing the

child to play. The child that creeps into his corner with a book while his companions are at play, is an unnatural child. It is true that he may be an embryo genius, but it is much more likely that his vitality is low, his blood poor, his digestion feeble, his brain precocious, his temperament morbid. We can better afford to run the remote risk of quenching the spark of genius than meet the certainty of a life made miserable by ill-health, signalized only by its capacity for suffering.

It is best that as much of this necessary play should be done out of doors as the climate will allow. Protected by flannel under-clothing, warm woollen stockings, sensible frocks and wraps, and thick shoes, healthy children over two years old may go out any sunny day when the mercury does not fall too low. By too low, I mean any lower than twenty-five degrees above zero. A child two or three, or even four years old cannot take exercise active and constant enough to warrant exposure to any lower temperature. Older children, particularly if they are robust, can venture out when it is somewhat colder, and, with the rainy-weather garments mentioned, we need not fear for them a little mist or snow. But when they come in, warm, dry stockings and shoes should be put on, and, if the feet have been long cold or damp, a hot water foot-bath is an excellent precaution against taking cold.

Children should always be encouraged — compelled if need be — to play in the sunny part of the yard

or street in cold weather. A temperature which is comfortable in sheltered, sunny places, may be killing on the north side of a building, or in a windy alley, and, besides the comparative immunity from cold, the sunshine is as good for them as the fresh air. For young children this caution is still more necessary, and they should be allowed to go out only during the middle of the day. Then they get the benefit of both air and sunshine. The sun-warmed air is what they need. There is a popular notion that the colder the air the purer it is. Those who repeat this would, I fancy, be puzzled to give a sound reason for the belief. What makes air impure? If you say septic germs, I point to the fact, that with the mercury in the vicinity of zero, diphtheria and scarlet-fever live and thrive and are borne about our cities. Small-pox, also, is more virulent and active in cold weather, and a season of intense heat falling upon an epidemic of this disease, sometimes effectually kills it out.

If noxious gases make air impure, they are to be shunned in cold as well as warm air. They may be less apparent to the senses when the air is cold, but they are not less destructive to life. In warm weather, decomposition of animal and vegetable matter goes on much more rapidly, and air saturated with this effluvia is of course unwholesome. Yet in miasmatic districts, the danger from malaria is not nearly as great while the weather continues warm. With the cooler weather of autumn come the agues

and bilious fevers which afflict those localities. Warm air is just as pure, that is, just as rich in oxygen, and just as free from noxious elements, provided it has not been unnecessarily contaminated in warming, as cold air, and infinitely better for the delicate respiratory organs of young children. For this reason, I think it desirable that children under two years of age be kept in the house during the winter. I am aware that some distinguished authorities think differently, that many recommend taking even infants out on pleasant days in winter; but I hold with another school, which believes that a change from a summer atmosphere in-doors to the cold air outside is far too great for the delicate respiratory apparatus of the young child to encounter, and that there is no compensating advantage to balance the risk. Would n't I give the baby any fresh air, then? Certainly, I would; not for ten minutes or half an hour once a day, but all the time. Ventilate the house thoroughly. Open the window for a few minutes every two or three hours, keeping the baby out of the draught. Some day, perhaps, we shall have a system of ventilation that will work easily and well, but, at present, we must make shift with doors and windows, and in no house where the windows can be lowered from the top need the family suffer for want of pure air, unless, indeed, foul gases enter from the sewer. If your plants thrive, your children will thrive also. A plant-stand in a living room is a sort of vitaometer, indicating whether the conditions of the atmosphere

are competent to sustain life. For ventilation at night, the following plan is a very good one. Raise the window as high as you choose, and have a board exactly fitted to the aperture made by raising the lower sash. You have then in the space left between the two sashes a perfect ventilating shaft, with an inward and outward current, and no possibility of a draught upon any part of the room.

There is a prejudice against night air which can only be justified in malarious regions. On the Campagna the night air is death, and on the Western prairies it is fever and ague; but elsewhere, in elevated regions, and wherever there are no noxious emanations from the soil, night air is innocuous. Florence Nightingale remarks that in great cities the only pure air to be had is the night air. The great factories are then still, the thousand fires are quenched, the dust settles on the pavements. Every one who goes abroad at night or who sleeps with open windows recognizes the purer atmosphere of night, — purer, not because it is cooler, but from the absence of that which makes the day air impure. Miss Nightingale further asks very pertinently what kind of air one expects to get in the night time. You cannot breathe the day air in the night, she says. Your choice is between foul night air and pure night air. But most people manage to breathe the day air in the night. They hoard it up during the day, and, having already breathed it over several times, continue to breathe it over in calm unconsciousness. For them, the class

of careless builders is a dispensation. For their behoof exist the cracks under the doors and the crevices about the window-sash, which I proposed to seal up by pasted paper. But this would better not be done unless pains be taken to admit fresh air by proper channels. If we can trust ourselves to do this, it is better to have the admission of fresh air within our own control.

I would object to children being abroad in the evening as a general rule, both because they should go early to sleep, and because the air, unwarmed by the sun, is less beneficial to them. But the early morning air is equally noxious. The dew-drenched earth is then giving off vapory exhalations. In malarious districts the morbid agent is abroad and active in the early morning. Later, when the sun has warmed the air and the particles are in motion, the evil principles are dispersed. This is the reason why, in all malarious countries, the traveller is warned not to go abroad early in the morning. The advice is sound, and rests upon sound reasoning as well as long experience.

I should add that in the city all this is, in a measure, changed. I have spoken of the purer night air in the cities. It is also much less damp than it is in the country, after nightfall. The walls of the buildings continue to radiate heat long after dark. The streets and pavements are dewless. In the hottest weather the only endurable part of the day is after dark, and I do not see why the children should

be excluded from the refreshing coolness which rests as much as sleep, and, indeed, invites sleep. They should be properly protected, of course, and not kept up too late. The child who goes to bed at seven in the cool season, may well enough sit up till nine in the hottest weather, if a long nap has been taken in the middle of the day. This mid-day nap not only refreshes, but it keeps the child quiet when exercise would be an injury, for, in mid-summer, the hot sunshine is as baleful as at other seasons it is life-giving. Children should not be allowed to play in the sun after ten o'clock in the morning, or before four or five in the afternoon in the hottest days, and young infants should not be taken out in carriages.

Keep the baby cool by frequent baths, light clothing, and quiet. Excessive heat is as fatal as cold; cholera-infantum is as much to be dreaded as croup and pneumonia.

Do not, however, put the baby to sleep in a cool parlor from which sunshine is all the time sedulously excluded. One sometimes goes into such apartments from the warm, outer air, and presently shivers. How must it fare with the baby? No room can be kept quite free from dampness where sunshine is not admitted. Let the sunshine glorify the room for two or three hours, even on the hot days of summer.

One word in regard to the exclusion of light and sunshine from the room where the baby's life begins.

A twilight gloom is maintained, often for weeks, on account of the baby's eyes. This entire exclusion of light is an error. The admission of sunlight may very properly be regulated, but there should be a soft and pleasant light in the room for the sake of both mother and child. The baby need not and should not be carried into a flood of sunshine, but it should be gradually accustomed to the light.

CHAPTER VI.

INFANT DIET.

IT was incidentally remarked, in an earlier chapter that the mother's milk was, as a general rule, the most suitable food for the infant. This seems so reasonable, and is so universally admitted, that an elaborate argument in favor of the proposition would seem to be superfluous. The mother's milk is best for the baby simply because it contains precisely the substances essential to the development of the growing tissues in a suitable form for easy assimilation. It is a provision of Nature, and, theoretically, requires and tolerates no amendment or interference. But, unfortunately, the wise designs of Nature often fall short of accomplishing their purpose. Some malign influence interposes to set them at naught, and new conditions are established which must be properly met. Instead of the mother's milk supplying the best possible nourishment for her infant, it may be lacking in important constituents, for want of which the baby suffers; or the milk may be so impaired in quality as to be actually deleterious; or, for physical reasons, the mother may be unable to nurse her child; or she may be afflicted with some

constitutional disease, which makes the milk unfit for nutrition; or, the infant may have some congenital deformity or debility which incapacitates him for the act of nursing; or the milk, while unimpaired in quality, may be so deficient in quantity that the child suffers from inanition.

We have now to consider how the various inadequacies in Nature's arrangements may be supplied, and first, let it be stated, as a rule, that whenever, from any cause, it is impracticable for the mother to nurse the child, a good wet-nurse should be procured. Parents should not grudge the extra expense and trouble needed to secure this chance of saving their child. Even when the question of expense is a vital one, a wet-nurse would, in most cases, be the best economy in the end, giving the child a good digestion instead of a bad one, sparing the mother an incalculable amount of anxiety and care, and saving bills for medical attendance and nursing. The evil of an impaired digestion does not end in infancy, but a sickly childhood, a feeble youth, and a semi-invalid condition for a whole lifetime may be entailed upon a child by parental carelessness or penuriousness.

If the child should have hare-lip, or be tongue-tied, and a mechanical obstacle is offered to the act of nursing, it must be artificially nourished until a suitable time arrives for correcting the fault; or, in some cases, when the deformity is such that an insignificant operation would remedy it, the baby may

be fed on breast-milk for a short time, until this operation can be performed.

In cases of profound debility in the new-born, artificial feeding is the only resource. But repeated and persistent effort should be made very early after birth to induce the baby to take the breast. Children will sometimes nurse satisfactorily at first, but presently fall ill, and afterwards refuse to nurse, even after recovery, which, however, is much less likely to occur if artificial food be given. Let the baby be fed upon breast-milk during the illness, and as long after recovery as possible. Even a week or two is a gain. The longer the unavoidable resort to artificial diet is postponed the better is the baby's chance.

If there be a fault in the gland which renders the prehension of the nipple impossible to the child, effort should be made to overcome it; but this condition should have been recognized months before and remedied in season, as it almost always can be.

Sometimes the mother is unable to nourish her child from sheer debility,—much oftener, I am afraid, from an imaginary weakness, from vanity, from unwillingness to submit to the necessary confinement, and other inadequate reasons which an easy-going doctor accepts, but which an active and urgent sense of duty on the part of the mother would speedily set aside.

Apart from the welfare of the child, there are cogent reasons why mothers should nurse their offspring. The exercise of that function favors certain important

physiological processes whose complete performance is essential to future health and vigor. The mother who does not nurse her child, runs a risk of subsequent invalidism which she would not otherwise incur.

Where the mother has actual disease, such as consumption or epilepsy, or where there is any strong or well marked diathesis as the rheumatic or scrofulous diathesis, it is best for the child that it should not subsist on the mother's milk. "Many a woman," says Dr. Jacobi, "raises at her breast sickly, bloated, rachitical children, until at last one is born which she is quite unable to nurse, and then for the first time appears in the family a noisy, ruddy, muscular baby."

A well-pronounced, scrofulous diathesis should contra-indicate maternal nursing, especially if a wet-nurse is practicable.

In the system of the rheumatic patient there is probably an excess of lactic acid, as indicated by acid perspiration and other symptoms. This may be so great as to acidify the milk, and even become a cause of rickets. The evil may be modified by the drinking of alkaline waters by the mother; but a wet-nurse, if practicable, is also in this case the best plan.

There is a large class of women who have no actual disease and no diathesis which interdicts nursing, but who are yet incompetent to the adequate nourishment of their infants from simple anemia, or

impoverishment of the blood. This may have resulted from any cause which has been a drain upon the system, or it may be the normal condition appertaining to a delicate constitution. Much may be done by judicious medical treatment and hygiene to remedy this imperfection. A wholesome and abundant diet for the mother and a good digestion are the first essentials. If the digestion is weak, it may be improved by remedial in conjunction with hygienic measures. Artificial digestion by the substances now so much in vogue — pepsin and lactopeptine — will often temporarily serve an excellent purpose. The food should be light and nutritious, the usual proportion of nitrogenous to non-nitrogenous food — 1 to 4 — being maintained. By this I mean that the nursing-woman need not consume a greater proportion of milk, meat, eggs, etc., to her oatmeal, bread, etc., than usual. A larger relative proportion of well-ripened fruit is proper and will be found of service. If an excess of fluids seems to be required, it may be found in chocolate, oatmeal, and cornmeal gruels, crust coffee, and in any other wholesome, nutritive beverages. Stimulants, as wine, beer and the like, are not required to increase the secretion of milk. They may do so indirectly by supplying a transient stimulus to debilitated patients; and when great debility exists, and neuralgic pains, particularly in the breast, are present, they are often of much service. They should be employed with a certain restraint in order not to lose the good effect. Malt liquors are

preferable to wine, and a third of a glass of port twice or three times a day is better than a larger quantity.

In warm weather, when the skin is active and perspiration abundant, the demand for fluids is more urgent, and, unless supplied, the water of the milk is diminished, and it is made indigestible in consequence.

The baby, fortunately for his comfort, is so made that he can free himself from a superfluity of food, or from indigestible food. This results from the position and shape of the stomach. In the adult this organ lies transversely in the trunk, dilated at its centre, and constricted at each extremity somewhat like a flask. The baby's stomach is more nearly a straight tube, only slightly dilated at the centre, and it lies obliquely, indeed almost vertically, in the trunk. Vomiting in the infant is a much more easily performed and less disturbing process than in the adult. An excess of food is easily thrown off. Some hint as to the suitability of this food, and the condition of the digestive fluids, may be gotten by observing the rejected matters. The milk may be returned from the stomach because of over-feeding. The baby has taken more food than the digestive fluids, which his stomach secretes, can digest. Now, when the baby is over-fed, there is also another special cause of indigestion. Over-feeding means too frequent nursing. Too frequent nursing means too rich milk. The longer the milk remains in the breast, the thin-

ner, that is, the more watery, it becomes. If drawn very frequently, the fresh secretion is taken, which is always comparatively richer in the solid constituents, and especially in its chief solid—caseine. So that by too frequent nursing the baby's stomach is not only overloaded with superfluous food, but that quantity which he could and should digest is made difficult or impossible of digestion by being too rich. A new-born babe, nourished at a healthy breast, should be nursed only once in two hours; and five meals a day are sufficient for a child eight or ten months old. This rule assumes that the milk is of good quality. If the milk is poor the baby will suffer hunger, no matter how frequently he is nursed. Observe the manner in which the child takes the breast. If hungry, he will nurse eagerly and require no coaxing. If the milk is known to be too thin—deficient in solids—it would be better to draw it more frequently, unless the want is met by artificial diet.

The vomiting, which comes from an overplus of food, occurs very soon after nursing, and the milk is returned curdled. The baby shows no signs of illness, and the digestion is really very slightly disturbed. But there may also be a true indigestion. The digestive fluids are deficient in certain important principles, irritating acids are generated, the undissolved and insoluble products of imperfect digestion irritate the stomach still farther, until at last, after much pain and discomfort, the mass is rejected, or, failing this, a gastro-intestinal catarrh, with resulting

diarrhœa, is set up. If vomiting occurs, the fluids ejected will be of a soapy consistency, and the solid matters hard and tough.

Still another kind of vomiting indicates serious disorder, either deficient or impaired secretions. The milk is returned unchanged, digestion not having been begun.

These different conditions require different treatment, and the most promising plan depends chiefly upon a proper adaptation of food, and a very sparing use of medicine.

If the milk is found to be too rich in caseine, the digestion may be promoted by diluting the milk. In the bottle-fed child this is frequently done; but it is just as easily effected for the nursing baby by giving a tablespoonful of pure water or gum-arabic, or weak barley-water, just before nursing. In warm weather, it must not be forgotten that the baby may require water as much as any one. It will certainly do so if the mother's milk is deprived of its water by free perspiration. It can do no harm, and often does much good, to give a few spoonfuls of water three or four times a day in hot weather.

For bottle-fed babies, the following preparation is recommended by very high and experienced authority: Boil a teaspoonful of powdered barley and a gill of water, with a little salt, for fifteen minutes; strain it, and mix with it half as much boiled milk and a lump of white sugar.

This is to be fed through a nursing-bottle, which

must be kept perfectly clean and sweet. For babies five or six months old, a larger proportion of milk may be given—half milk and half boiling water. For still older children more milk in proportion. If the child is constipated, substitute oatmeal for the barley. When the breast-milk is insufficient, it may be supplemented by this food. There is no provision made in young infants for the digestion of starch, and those cereals containing the least starch should always be chosen.

In hot weather, great care should be taken that the food is not sour. Test the milk by a strip of blue litmus-paper, which may be procured of the druggist. If it turns red, prepare a fresh portion.

Cow's milk should have an alkaline reaction. Add one or two grains of soda to each meal; or, better, a teaspoonful of lime-water to each pint of milk.

Have the milk pure. If it does not give a good cream, add a little to the food. When milk and water is used, from one-half to two-thirds water is the proportion for young infants, to be gradually diminished as the child grows older; but the barley and oatmeal, prepared as above, are preferable to plain milk. Condensed milk often suits very well, and is certainly much better than unwholesome fresh milk. But some experienced observers are of the opinion that children do not thrive perfectly well upon condensed milk. They grow large and fat, but are not strong, fall ill more easily, and in general are less vigorous.

It is safer to use the milk from a large herd than from one cow. This is contrary to the commonly received opinion, but it rests upon the fact that hardly an animal in the herd escapes transient illnesses that affect the milk. If the milk from the whole herd is mingled, the impaired milk is so abundantly diluted that no appreciable effects ensue. Goat's milk is sometimes used, but it is doubtful if it has any advantage over cow's milk properly prepared.

One rule should always be observed. If the child is doing well, let it alone. Do not change either the nurse or the artificial food, if it can be avoided. Infants should be weaned when from nine to twelve months old, unless it be summer, when weaning should be postponed till cool weather. Never wean a child in summer, if you reside in the city, unless it is inevitable. If the natural food is insufficient, a mixed diet is the next best thing. It is desirable that the weaning should be gradual. At six months old a baby may have beef-tea or plain soup once a day. It may suck rare beefsteak, but should not swallow a particle of the fibre. Crusts of bread, very soft boiled rice, tapioca, and sago jellies, sea-moss blanc mange, panada of biscuits, etc., may be allowed a few months later. But do not be in a hurry to give these things. The baby will do better on the liquid foods, and start in life with a sounder digestion, if restricted to them for the first year.

The following preparation has the sanction of an

eminent physician and specialist in children's diseases, who says that, after an experience of twenty-one years in its use, it has never disappointed his expectations: Take one scruple of Russian isinglass — a piece two inches square of the cakes in which it is sold — and soak in cold water. Then boil in half-a-pint of water fifteen minutes, or until it is quite dissolved. Now add milk and cream — for a child a month old from three to four ounces of milk, and one-half to one ounce of cream: a little sugar, salt, and a teaspoonful of arrow-root, which has first been wet up in a little water, the latter being added to the water while it boils. "This," says the doctor, "will agree, when nothing else will." The proportion of milk and cream may be increased after a time.

CHAPTER VII.

INDIGESTION.

THE perils which beset infancy and childhood are so numerous that there is, perhaps, reason for wonder that the mortality among children is not even greater than it is. Much greater it could not be, and give the race any chance for a long survival. If the nursling resists the officiousness and ignorance (where these exist) of his natural or selected guardians, he has yet to run the gauntlet of what are known as children's diseases, and among these are some of the most formidable disorders that afflict the race. The zymotic diseases, from which we are not yet able to protect ourselves, are largely represented. Croup, scarlet-fever, diphtheria, are among the most terrible of these foes. Typhoid fever is a possibility of childhood. The minor miseries of mumps, measles, and whooping-cough, the adult shares with the child. He is not exempt, any more than his parent, from pneumonia, phthisis, small-pox, or intermittent.

Now, although it is undoubtedly true, that the most robust and vigorous child may fall a victim to acute disease, like the malignant form of scarlatina, it is also true that a good constitution, unimpaired

by early and wasting sickness, has the best chance, *ceteris paribus*, of resisting the maladies which await the child, and the acute stage past, the remote dangers are infinitely less. A healthy infancy goes far towards insuring a healthy childhood, although a puny infant will occasionally, under good treatment, or a happy conjunction of circumstances without treatment, recover wonderfully, and grow surprisingly strong and fat. But this is not to be expected. One should watch for the early symptoms of disease, and treat them in time.

A hitherto healthy baby perhaps loses flesh, the tissues that have been plump and firm grow soft and flaccid. The baby is restless and feverish. Constipation or diarrhœa occurs, or the two are alternated. If this persists for some time, and no acute disease is developed, it is probable that the child is suffering from infantile dyspepsia or indigestion. Mothers are apt to attribute all the trouble to dentition. That the baby is teething is thought enough to account for almost any symptoms of illness. This is an unfortunate error, since it leads too often to neglect that results in injury. Dentition is certainly a cause of disturbance in the system, and this disturbance may sometimes be quite serious, but it by no means originates the majority of childish illnesses.

Any of the diseases common to childhood may occur in the infant during dentition, entirely independent of that process. By the time the child has reached the age when signs of the first teeth appear,

the salivary glands are so far developed that the secretion of saliva is considerable. This drooling, as mothers call it, is salutary. It lubricates the gums and tends to make them supple. At this period, a coral, ivory, or hard rubber ring is useful. The engorgement of the salivary glands, and the distention of the gum by the coming tooth, produce a sensation which the child seeks to relieve by biting whatever he seizes. A little later, when the gum is inflamed and sensitive, a soft substance is preferable. If the gum is tense and swollen, and there are thirst, fever, and flushed cheeks, the child should be seen by a physician. This may be the fever of dentition, pure and simple, or it may be some dangerous complication.

If the case is so mild as not to justify a call upon the doctor, soothing applications to the gums, like honey of roses, borax and honey, syrup of gum-arabic, will relieve. If the bowels are constipated, an enema or a mild laxative may be given, and a warm foot-bath made use of at bedtime. Lancing of the gums is sometimes necessary. It is a harmless operation, if judiciously performed at the proper time. Of this the physician can judge. Rubbing the gums with a thimble is a very harsh and unjustifiable piece of domestic surgery.

Another favorite theory always at hand when a child falls ill, is that he has worms. The chances are ten to one that he has indigestion. In infants and children, the mucous membrane of the alimentary

canal is peculiarly susceptible. The quantity of mucus secreted by it is normally large. The slightest irritation stimulates the secretion, and a morbid habit is rapidly established. These disordered secretions furnish a nidus for intestinal worms. They may co-exist with the intestinal irritation, but they are not the cause of it, unless, indeed, they are very numerous, and then the effect becomes, in turn, a cause.

It may be safely said that a majority of bottle-fed infants suffer from indigestion, and not a few nurslings. When, therefore, the baby pines, grows feverish, has constipation or diarrhœa, a sour breath, etc., it is not best to acquiesce in it as an inevitable consequence of teething, but we should try to discover the real cause. He is, perhaps, over-fed with suitable food, or fed with unsuitable food, or, in rare cases, he is suffering from inanition. Of these causes, over-feeding is incomparably the most frequent. I have already spoken of the character of the matters vomited, as indicating the state of the digestion. If food passes out of the stomach undigested, it will irritate the bowels more or less in its passage through them. A diarrhœa is thus set up. The ordinary summer diarrhœa of children results from a high temperature acting upon a system already disturbed. It begins almost always in indigestion. The normal color of the *fæces* in infancy, is yellow. In gastrointestinal disorders, the color is changed. Although yellow when passed, they soon become of a greenish hue. In diarrhœa, the stools are frequent, offensive,

greenish in color (sometimes bright green), and hold in solution undigested caseine in minute grains or large lumps. If the child is fed upon the ordinary diet of adults, any of the food taken may reappear in the stools.

Or, there are frequent attacks of colic. The little sufferer grows white, especially around the mouth, writhes in pain and screams violently. Coincident with this flatulence is usually constipation, though this may give way during or after the attack to diarrhœa. The diarrhœa is sometimes attended with great pain, particularly if it persists for some time; the susceptibility of the membrane is increased, and the hard, undigested substances lacerate it in passing. When diarrhœa and constipation alternate, there is apt to be a great deal of mucus in the stools; sometimes a little blood, constituting true dysenteric symptoms. These should receive prompt attention.

If the cause of the indigestion is found to be over-feeding, it will sometimes be sufficient to reduce the number of meals. Much more often, however, a change of diet is required. Nothing should be given but food suitable for infants and children. If the child has been fed freely upon starchy foods, it is quite likely that the trouble lies here. This point is so important, and so little understood, that I wish to call special attention to it. Starch does not undergo digestion in the stomach. It is first acted upon by the saliva. After it passes into the stomach, its digestion is suspended, until it escapes thence into

the small intestine. Here it comes in contact with the pancreatic juice, a secretion from the pancreas, a large gland in the abdomen, whose office is, among other things, to carry forward the digestion begun by the saliva. The pancreatic juice is almost identical with the saliva. In the intestine, also, there are small glands similar in construction to the pancreas, and they probably resemble it in function. Until the age of three months, the salivary glands secrete only a very small quantity of saliva. After this the secretion increases slowly, but remains insignificant for some months. These remarks apply equally to the pancreas and its secretion.

It follows then, that, if we feed the young infant with starchy foods, we give him a material for whose digestion his system has no adequate provision. Until the age of three months, all starchy foods were better prohibited. Afterwards, they may be given with caution, increasing the quantity very gradually. If diarrhœa occurs, it is best to withdraw them altogether until after recovery.

Rice, potatoes, tapioca, farina, corn-starch, arrow root, are all best avoided for the young infant. Oatmeal and barley contain a comparatively small proportion of starch, and these two furnish, when combined with milk, all that can be desired of a nutriment. Barley is, perhaps, more digestible, and is to be preferred when there is diarrhœa. Oatmeal should not be used in this case, as it is decidedly laxative, and for this reason is of great service in constipation.

Both should be thoroughly cooked and strained before using.

Trial may be made of the preparation of gelatine, milk, and a very small quantity of arrow-root, so warmly praised by Drs. Meigs and Pepper, and for which a recipe was given in the last chapter. Liebig's Food for Children (Horlick's preparation) will sometimes suit excellently. I have had the best results from the use of Ridge's Infant's Food. If fresh milk disagrees, condensed milk may often be employed with advantage. If the indigestion persists, the diarrhœa will become chronic; and the parent will find an opportunity for testing the value of a wide variety of articles. Let the experiments be made intelligently, and in agreement with accepted principles.

CHAPTER VIII.

INDIGESTION—CONTINUED.

THERE is sometimes a true indigestion of fluids, and the question of diet becomes a more difficult one. Meat jellies are sometimes useful in cases of this kind. It will also be well to make trial of raw meat, scraped to a fine pulp, and properly seasoned. If the child refuses it, mix the pulp with a little powdered cracker, roll and flatten it into a small, thin cake, and lay it for a minute or so on a hot grid-dle, turning it over when slightly cooked. Its digestibility will not be impaired, and it will be made more palatable. Rare beefsteak, or the juicy cuts from the roast, may be given the child to suck. Beef-tea, mutton, and oyster-broth, may be tried. If they do not agree at first, make them very strong, and give in small quantities. If they seem to increase the diarrhœa, give them cold and without seasoning. Essence of beef and mutton may be made by chopping the lean meat, and placing it in a fruit jar or bottle, corking tight, and putting the vessel to boil for three hours in water. When done, the fluid portion in the bottle may be drained off, seasoned, and administered by the teaspoonful. When there

is fever, as there often will be, beef-tea made as follows may be given, if it does not disagree: Take a slice of round steak, or any similar piece, and broil on a griddle, over coals, as for the table, omitting to pound it. Then lay on a plate, and with a sharp knife cut in close lines, crosswise and lengthwise. Turn, and repeat the process on the other side. Place in a saucepan, adding to a pound of beef a pint of boiling water; salt and leave it to simmer on the stove for about half an hour. Beef-tea prepared in this manner has a much finer flavor than when made by boiling as for soup, and the quickness with which it may be extemporized recommends it. Liebig's Extract of Beef is a capital thing to have at hand. These preparations of beef, however, sometimes seem to exasperate the diarrhœa in whatever way they may be prepared and given. Should they do so, they must be abandoned for a time, but later, when the diarrhœa is checked, and the child is in need of stimulating nourishment, they may suit admirably well. Raw egg custard is sometimes useful. Nothing more is necessary than to beat up the egg with sugar, and add cream and milk, or part cream and milk, and part water. If alcoholic stimulants are employed, this is a good vehicle for them.

If the child is feeble, stimulants are in most cases demanded. Do not let the baby die for a theory, or a mistaken application of ever so sound a principle. However unnecessary alcoholic stimulants may be in health, they certainly do tide us over dangerous

places in illness. If they give no real strength, they at least supply a transient stimulus, and by its means food may be digested, and tonics given time to act, and thus a natural and permanent improvement secured.

Hygienic measures must not be forgotten — stimulating baths, rubbing with the hands, inunctions with cod-liver oil, fresh air, warm flannels, the flannel bandage over the bowels, sunshine, rest, and abundant sleep are all essential factors in the cure. Travel in railroad-cars often seems beneficial. So, too, are short excursions on the water and easy motion in a carriage. Removal to the country is the means of carrying many a child through that fateful second summer. The locality is, however, all important. See that no epidemic is prevailing in the proposed resort, and avoid low, malarious districts. Benefit is sometimes obtained at the sea-side, but the hill towns and the mountains are still better. Keep the child quiet and cool, shunning heat, but guarding against a chill.

To return now to the considerations of symptoms. It is not to be expected that a physician should always be at hand, and the early stages of these ailments may often be successfully treated by the mother. Be sparing of medicine, and do not try every nostrum recommended. If, in diarrhœa, the stools are green, or of a greenish hue, there is an excess of acid in the bowels. This may be corrected by alkalies. From one to five grains of bicarbonate of soda may be given in a little water. Chalk mixture may be given

in teaspoonful doses, and repeated several times in the twenty-four hours. This is an innocent and favorite remedy. If undigested caseine appears in the stools in large quantities, the milk must be diluted or withheld altogether. Lime-water is especially useful here, and may be used as a diluent to the extent of one-third. Pepsin is of great service in the indigestion of children. From one to five grains, according to the age, may be given dusted in a little milk. If there seems to be much pain, aromatics may be added to the alkaline mixture, — a few drops of essence of peppermint, or a teaspoonful of syrup of ginger. These so-called simple remedies must be used with caution, as they are really powerful stimulants, and, should there be decided inflammation, would do harm. Warmth to the feet and hot flannels to the stomach and abdomen with gentle friction will often effect a cure in simple colic. Do not lay a child, suffering from colic, prone on its back. Hold it partly erect, or lay it upon the knees with the face downward. For medicine, nothing is better than syrup of assafetida; a teaspoonful of this may be poured in a glass with twice as much water and a few drops of essence of peppermint or syrup of ginger added. Give in teaspoonful doses, and repeat if necessary. It is entirely harmless and very effective. If the hot flannels and the medicine act too slowly, the stomach and bowels may be rubbed with camphorated oil, or a spice plaster may be applied. The formula for spice plaster is two ounces of powdered

ginger, cloves and cinnamon an ounce each, and two drachms of capsicum; mix with tincture of ginger and honey. For babies, I should omit the capsicum, and for many cases ginger alone, mixed with hot water, will do very well.

Opiates should never be given to an infant, except by the physician's orders. If pain does not yield to external warmth and friction and the simple aromatics and alkalies, the doctor's advice is certainly required. Avoid the use of nostrums whose composition is a secret. All these preparations, which are not actual frauds, contain powerful drugs. The basis of all soothing syrups — Mrs. Winslow's included — is either opium, or some equally potent narcotic. Children do not tolerate well opium in any of its preparations; and no nostrum containing it is a safe domestic remedy.

If the simple diarrhoea of indigestion is not early cured, it is apt to pass into entero-colitis, or intestinal inflammation, which will be likely to become too grave to be treated by domestic remedies. If treatment is attempted, great good may be done by external applications. Warm linseed-meal poultices over the bowels are invaluable. If there is severe pain, they may be mixed with a strong infusion of hops. The value of any poultice is in its warmth and moisture, and this may be retained by a covering of oiled silk.

This is the disease which, in its severe manifestations, is often called cholera-infantum. It may de-

velop into that by neglect or bad treatment, but true cholera-infantum is rare. It strikes suddenly, and sometimes terminates in a few hours. Vomiting and copious watery discharges are characteristics. The latter symptom is always ominous, and remedial measures, to do any good, must be taken promptly.

In simple diarrhœa, astringents may be used with the alkalies. The *geranium maculatum*, often called crow's-foot or crane's-bill, is one of the best. From ten drops to half a teaspoonful of the fluid extract may be given, or a decoction of the root may be made in milk and water (an ounce to a pint), and given in doses of from a tea- to a tablespoonful. If dysenteric symptoms exist, astringents will do harm. Dysentery cannot safely be treated by an amateur.

There are several varieties of sore mouth common among children, all of them depending more or less upon unsound health, and especially gastric and gastro-intestinal disturbance. As a local remedy, a wash composed of half a drachm of borax, one drachm of glycerine, and an ounce of water, will be found efficacious. But the systemic disorder must be cured before the local trouble can be permanently removed.

Caution should be used in all cases in the administration of cathartics. Castor-oil is one of the best and safest. Syrup of rhubarb is useful where a secondary astringent is desired. Magnesia is a favorite children's remedy. If taken too long, concretions may be formed in the bowels. To prevent this, and make

it more soluble, it may be given in a little lemonade.

If a child is seized with vomiting after an over-hearty or indigestible meal, promote it by giving warm water, or other insipid drinks, until the offending substance is ejected. If it persists after this, give a little lime-water in some milk — a tea- to a tablespoonful, according to age, or one to five grains of bismuth sub-nitrate. The spice-plaster on the stomach is very useful in vomiting. When vomiting occurs as a feature of chronic indigestion, or in the course of summer diarrhœa, it is to be similarly treated.

If a child is attacked by convulsions, do not be too much frightened. In a previously healthy child, convulsions are most frequently caused by some indigestible substance in the stomach. If this has been taken shortly before the attack, speedy relief will usually follow vomiting. To induce vomiting give a teaspoonful of syrup of ipecac, and repeat in ten minutes, if necessary. If some time has elapsed, a dose of castor-oil may be given. The child should be put in a warm bath, and the head bound with cold, wet napkins. If very plethoric, the half-bath may be substituted, the water coming up to the hips, not forgetting the cold applications to the head.

Hot foot-baths are always of service when the extremities are cold and pale; and a hot head, flushed face, and a full, throbbing fontanelle demand cold to the head, not, however, persisted in long enough to cause a reaction.

CHAPTER IX.

DISEASES OF THE RESPIRATORY ORGANS.

THE diseases which form the subject of this chapter are, in their grave forms, of so serious a nature, that any tampering with them, by inexperienced hands, is likely to lead to fatal results. I can only, therefore, indicate a simple method of treatment which will be efficacious in cases of slight illness, and will not be out of place if the graver and more dangerous disease is at hand.

Aside from the epidemic influence and the specific infection which produce diphtheria, croup, whooping-cough, and the like, the first and most important cause of all these troubles is "taking cold."

This accident of taking cold is so very common, and, in a majority of cases, so evanescent in its effects, that it is usually considered a trifling matter. It is not, however, so trifling as most people think. Aside from the suffering occasioned by a bad cold, which is not inconsiderable, there are thousands of cases in which a cold means death, sooner or later; thousands more in which it means an impaired constitution, and a semi-invalid condition for a lifetime. And this taking cold is, in a majority of cases, capable of being

prevented. Every one who reads this knows of families who are always having bad colds. Depend upon it, there is something wrong in the household hygiene. There is insufficient clothing, or the rooms are overheated, or there are avoidable draughts, or carelessness in some shape.

Children of a scrofulous or tuberculous diathesis are much more liable to take cold than those who are of a sounder constitution; and colds have, also, worse results in these cases. So much the more need is there of care and watchfulness on the part of the parent.

Unceasing vigilance is, in many cases, the price of exemption from colds. It is, however, worth while. It is easier to put on and take off the wraps and overshoes, ever so many times a day, than to nurse the little one through an illness. If mothers would be more careful, their anxieties might be vastly lessened. I do not mean to say that colds can be altogether avoided. In our climate, where the thermometer plays such surprising freaks in a single twenty-four hours, where the winds are so pitiless and the clouds so capricious, colds will often occur which seem dependent upon atmospheric changes; still, they much less frequently "come to" one than is commonly supposed.

The first symptom of a cold is, very often, a chill. It usually appears not far from twenty-four hours after exposure. A little later there may be a slight fever and more difficult respiration. Now, if a warm

bath be taken at this period, followed by frictions to the skin and warm covering in bed, so that a slight perspiration is established, the cold is aborted at the outset, and the child will be quite well the next day. These measures should always be employed with croupy children, or those who are subject to prolonged catarrh or cough after taking cold.

Sneezing is, ordinarily, an indication that cold has been taken. It may be the beginning of a severe nasal catarrh, which will ultimate in a bronchial cough. The warm bath is useful now, and it is proper to open the bowels, if constipated, by a mild cathartic. If the inflammation of the nasal mucous membrane is acute, as evidenced by profuse and scalding watery discharges, it may be mitigated by certain means. The inhalation of the vapor of hot water is sometimes soothing. A teaspoonful of spirits of camphor, in a cup of hot water, is very good for inhalation. Half a spoonful of laudanum may be used in the same way.

These remedies are, of course, not readily available for small infants. Sometimes all that can be done for them is to gently anoint the nostrils with a little olive oil, applied with a feather. A small handkerchief or bit of linen wet in water as warm as can be borne, will often give relief. Nursing infants suffering from snuffles, which is simply a cold in the head, or acute nasal catarrh, often find nursing so difficult that they will refuse altogether to take the breast. In feeble children, there may be some danger from

lack of nourishment, and in such cases the breast-milk must be drawn, and fed to the baby until the acute stage of the cold has passed away. Children who are old enough to use a nasal douche, may be benefited by injections of warm water containing an even teaspoonful of salt to the pint. There is now, however, objection made by very competent authorities to the use of the nasal douche, notwithstanding its undeniable effectiveness. The fluid injected may find its way through the Eustachian tubes to the cavities of the ear, and a permanent deafness be the result. The risk of this accident may be much diminished by allowing the liquid to flow gently, and by just as little pressure as will suffice to convey it through the nasal tubes. Change of air, particularly to the sea-side, will sometimes, apparently, effect a perfect cure of chronic catarrh. This cure is not always permanent, the patient sometimes relapsing after the return home. Children of a scrofulous diathesis are often affected by chronic catarrh as a part of the general morbid state of the system. These cases require the best of hygiene and judicious tonic treatment.

A most frequent and painful complication of the ordinary acute catarrh is sore-throat. Sometimes the violence of the attack falls chiefly on the throat, and we may have headache and disorder of the stomach as accompaniments of simple sore-throat. At a time of scarlet-fever and diphtheria epidemics, sore-throat should never be neglected. Unless the mother is able

to recognize, to a certainty, the diphtheretic exudation or the angina of scarlet-fever, the doctor should be called. If it be known to be only the simple sore-throat of an ordinary cold, home treatment will be all that is required in most cases. If any cathartic is given, it should be a saline draught — as seidlitz powder or citrate of magnesia. These may be given in appropriate doses to children of three or four years of age. If they are old enough to gargle the throat, nothing is better than chlorate of potassa, a drachm to a tumblerful of water. Children can learn to gargle the throat very early, and a little tact and persuasion will sometimes induce them to acquire the art, which is an excellent provision against future possible illness. Some children are very liable to slight sore-throat, felt, perhaps, only on rising in the morning. These cases demand astringents, and half a drachm of tannin may be added to the solution of chlorate of potassa.

External applications do great good oftentimes. An old-fashioned but an excellent remedy is a slice of fat pork, cut very thin, stitched to a bit of muslin, and applied by means of a flannel bandage. It may first be sprinkled with salt or powdered camphor to make it act more quickly.

The value of these simple remedies depends largely upon skill in preparing and employing them. After the bandage is ready; the pork being nicely stitched upon it, warm it slowly until it becomes soft, flexible, and oily on the surface. Then, if the soreness is high

up under the angle of the jaw, the ends of the bandage should be brought up on the head and carefully pinned, not so tightly as to be uncomfortable, but so as to keep the slice of pork in close contact with the skin. If the soreness is lower down, the bandage may be simply fastened around the neck. This must be kept on for some time. After twenty-four hours, a slight eruption will appear under the bandage, when it may be left off for a little while and afterwards re-applied. But in twenty-four hours we should expect a simple sore-throat to be very much improved. Apparently more simple than these things, yet really requiring more care and judgment in its use, is cold water. For robust, healthy children attacked with sore-throat or bronchitis, compresses of cold water will often work like a charm,—the soreness will vanish, the tough phlegm loosen up, the breathing grow easy, and the child fall off into a sweet sleep. For delicate children, hot water may be used instead of cold. This powerful therapeutic agent, cold water, let me repeat, must be used with judgment and caution. The napkin should be folded from two to four thicknesses; it should be wrung so dry that no water can drip or be easily squeezed from it. Then it should be covered with layer upon layer of flannel,—it is better to be in excess than the contrary,—and these should be brought down very closely around the person. The entrance of air under the covering would be fatal to all hopes of a good reaction. If the remedy is to do good, the sense of chilliness will

give way in a few minutes to a pleasant warmth, and in half an hour or a little more the surface under the compress should be glowing red and perspiring. The wet cloths can then be removed, the skin washed off quickly with cold water, rubbed dry and warm, and covered lightly but warmly with flannel. If the reaction does not speedily occur, the wet compress should be thrown aside, flannels wrung out of hot water substituted, and every means used to counteract the effect of the chill. The ordinary cold in the head is apt to become, after a few days, a bronchial catarrh. The inflammation may begin in the bronchi, but it more frequently starts in the nasal passages, and extends, after a little, to the bronchial mucous membrane. The cold, in popular language, has "settled on the lungs." Happily, the lungs, that is the actual lung tissue, are comparatively seldom invaded. If they were, the consequences would be far more serious than they usually are. If pneumonia does occur, it requires immediate treatment. The fever, the flushed face, the constriction and weight across the chest will indicate the gravity of the case and the need of a physician.

In children of a scrofulous or tuberculous diathesis the bronchial irritation is not to be lightly regarded. The inflammation may extend to the lung tissue, and, if there be already a deposition of tuberculous matter, suppuration may follow, and a more or less rapid consumption will be the deplorable result. A neglected bronchial catarrh certainly very often initiates

pulmonary consumption. It can never be safely let alone to "wear off." To be sure, it often does wear off, but who can say when it will fail to do so? How, then, can the departure of a cold in the chest be accelerated? In the first place, by not taking any more cold. It is the little more cold added every day which makes the obstinate case that results in pneumonia or chronic pulmonary disease. Secondly, confinement to the bed if possible, to the house certainly, is an important element in the cure. If the skin is kept warm and moist, the cold will yield with far greater ease, and a few days' confinement at the outset may save much time and suffering. And, thirdly, the patient should not be dosed in the early stages with cough medicines containing opium. At first, it is proper that the bowels, if confined, should be opened by some mild laxative; warm, stimulating applications should be made to the chest, such as linseed-meal poultices, with a little mustard; very often, rubbing the chest with camphorated oil, and covering with oiled silk, will answer the purpose. The oiled silk should be kept on until recovery is well advanced; and when it is removed, if it is cold weather, an extra thickness of flannel should be placed on the shoulders and chest, if the patient is at all delicate. If the bronchitis becomes chronic, continued counter-irritation is among the most efficient means of cure. For children, this should be prudently used. Camphorated oil will suffice for most cases. A little iodine ointment mixed with

simple cerate is a good application. Instead of the warm poultices, hot and cold water compresses may be used as directed above. If hot applications are made, the greatest care must be taken that the chest is not chilled when they are changed. A folded flannel, or cotton batting carefully warmed, may be deftly slipped into place as the poultice is withdrawn.

For the first few days, warm, demulcent drinks, such as flaxseed tea flavored with lemon juice, infusions of Iceland moss, slippery-elm, and the like, may be used. Later, a cough medicine will be needed. Almost every one, outside of the profession, has his infallible remedy, warranted to cure all curable cases. The doctors think that the medicine should be adapted to the patient and the character of the cough, and therefore I do not give here any prescriptions. But one or two things I would like to suggest to the reader: that the cough is not the disease, but only an indication of it; and that stopping the cough without altering the morbid condition, is simply covering up the fire out of sight.

If the cough be purely nervous or spasmodic, with no expectoration, it may indeed be checked without injury. But in most cases the cough is at once the indication of mucus or phlegm in the air-passages, and the means of expelling it. It must not then be stopped, but only so far controlled that it shall not in itself be a cause of irritation, and shall not too much disturb the rest or wear upon the strength of the patient. For this purpose, opium, or some other seda-

tive, in suitable doses, may be combined with an appropriate expectorant. The cough should not be too frequent, and should be kept loose and easy.

Nothing more is necessary except light, digestible food, and if the patient is feeble or of a scrofulous diathesis, tonics are essential. As a nutritive and alterative medicine, cod-liver oil stands at the head of the list, and when consumption exists or is threatened, a prolonged and faithful trial should be made of it. Do not believe that olive oil, cream, or any other oleaginous substance, will do equally as well. These have all been tested, side by side with cod-liver oil, in the great European hospitals, and the latter has uniformly given the best results. Its value is not merely or chiefly as a respiratory food. It is in the pre-tuberculous stage that its inestimable value is best exhibited. In the initiatory stages of phthisis, in scrofulous diseases of children, among which is the one known as rickets; in all conditions where there is wasting of flesh and strength, it is almost always of the greatest benefit. When nicely made up in an emulsion, children often become fond of it, and will grow fat and lusty by its use.

Of all the diseases of the respiratory organs no one is so much dreaded by mothers as croup, and with good reason, since true croup is a terribly fatal disease. And yet many mothers suffer unnecessary tortures. A child who has been perfectly well during the day wakes suddenly in the night, in a fearful paroxysm of difficult breathing, which seems to menace

immediate suffocation. The family are terror-stricken, and the doctor is instantly summoned; but pending his arrival, the mother suffers agonies of apprehension. I want to say, for the comfort of the mother, that, dreadful as may be the paroxysms, painful as it is to witness the child's sufferings, the anxiety, the alarm, the fear of impending suffocation, are, in most cases, superfluous. True or membranous croup, the croup which in so many cases—in all cases, it is safe to say, where it is not recognized in the beginning and properly treated—destroys life, does not begin in this abrupt and sudden manner. The abrupt invasion is characteristic of a much milder type of disease,—one which yields easily to treatment. Before the doctor arrives, the paroxysm may be broken by applications to the throat of flannels wrung out of hot water, and the administration of some mild nauseant, as syrup of ipecac in teaspoonful doses every fifteen minutes until vomiting ensues. The common hive syrup, a domestic remedy in many families, is also efficacious.

But while the mother may receive comfort from some knowledge of the nature of the disease, there is also involved a warning which I would strongly press upon her attention.

True croup is now considered a zymotic disease. Its essential sign is an exudation of false membrane upon the larynx. Its diagnosis, from other forms of throat disease, including diphtheria, is not always easy, even to the educated observer, and may be said to be

impossible to the unprofessional attendant. The tendency of the false membrane is to extend until the larynx is occluded. The point to be noticed is, that if the existence of this disease is not very early recognized, the destruction of the membrane becomes impossible. In other words, true croup is always fatal if not very early recognized and treated.

It comes on insidiously. The child is only slightly ailing. He has symptoms of a cold, is a little hoarse, but plays about as usual during the day. At night he is worse, the hoarseness is increased, there is painful and difficult breathing. In a few days there are paroxysms at night, similar to those of simple inflammatory croup, and these become progressively more violent. But when this stage has been reached, it is in most cases, perhaps in all, too late for remedies to be of any avail. The earlier symptoms should have excited alarm. Hoarseness growing worse at night, and difficult breathing noticed when the child is asleep, should put the mother on her guard. They may mean only a cold, but they may also signify croup.

True croup is most prevalent in the cold season of the year, and in those countries and localities swept by cold and damp north and north-west winds. There is also reason to suppose that it is hereditary in certain families. The preventive measures are chiefly seclusion from cold and damp, especially when croup is epidemic, and for the children of those families where croup has already appeared.

Among the most unmanageable of this class of diseases is whooping-cough. It is contagious, and occasionally leaves in its wake some irreparable damage, besides being very distressing to both the sufferer and his friends. Young and feeble children should, if possible, be kept from exposure. The spring and early summer are, of course, favorable seasons for getting through with it. It may be mitigated and abridged by suitable measures. Good food, fresh air, precautions against taking cold, are all in order. Certain medicines often do good. Tonics should always be given to feeble children. Vaccination performed during its course sometimes appears to cut it short. Of all remedial measures, change of air is of the most service, and often the change need not be very pronounced to be of benefit. Removal a distance of a few miles, or even from one part of a city to another, has often a happy effect.

In this disease, as in all coughs and colds, it is too much the custom to give various sweet syrups or medicines in which sugar is used. The sweets presently disorder the stomach, the appetite fails, the strength flags, and the system, now enfeebled, has no power to throw off the malady.

Whatever may be the nature of the illness, the endeavor should always be made to keep the digestive organs in good order.

CHAPTER X.

MISCELLANEOUS DISEASES OF CHILDREN.

THERE are many ailments to which children are liable, both acute and chronic, whose character is but little understood by the mother, but which are really far more under her control than that of the physician. Among these is the morbid condition called constipation.

As a transient disturbance this is usually of small moment, but it is also often one of the initial symptoms of serious illness. Constipation of the bowels occurs in the incipient stages of diseases of the brain and its membranes, and we find it also in those light febrile disturbances where there is more or less determination of blood to the head. A relief of the constipation is almost sure to be followed by an amelioration of the head symptoms, always alarming in young children.

If a child, whose bowels have generally been in good order, becomes constipated, whether or not there have been other indications of illness, it will naturally awaken solicitude, and an attempt will be made to discover what is amiss. It may be a slight indigestion, which will become more serious by neglect;

or it may be an early symptom of some grave disease, which can be more successfully treated if recognized at the start.

If a cathartic is believed to be necessary, one of the mildest and safest, as well as the most effectual, is castor-oil, of which a teaspoonful may be given to a child a year old. It may be made less unpalatable by being mixed with a wineglassful of hot milk or coffee, or an infusion of some aromatic, medicinal herb, like chamomile. Spiced syrup of rhubarb in teaspoonful doses is also a mild and efficient laxative. But rhubarb in all its preparations is unsuitable in cases of habitual constipation, as its secondary effect is astringent. For this reason it is particularly good in diarrhœa, where it is needful, as it most frequently is, to sweep away fecal accumulations preparatory to giving astringents. If, however, there is a tendency to habitual constipation, cathartics must be sparingly used, since, in the long run, they aggravate the disorder. In this case, cold bathing, shampooing the bowels, confinement to a simple, nutritious, unstimulating diet, and whatever tonic measures may be indicated, should be perseveringly tried. Give as few cathartics as possible, and, above all things, avoid resorting to the pill-box and castor-oil bottle every time a child is slightly indisposed. For children past infancy, and especially in feverish conditions, the saline cathartics, such as seidlitz powders and citrate of magnesia, are preferable to most others. Often an enema may be substituted for the cathartic with ad-

vantage, and may be used at any time to assist or hasten its action. They are usually made with tepid water, to which is added a little salt or mild soap, and, in some cases, olive- or castor-oil, and from one-half to a whole teacupful may be injected at once. The liquid should be retained about half an hour; and to insure this retention the child may be held on the lap, and pressure with a napkin employed. The greatest care should be taken not to introduce air into the bowel, thus causing a painful, artificial colic; in order to avoid this, allow a stream of water to flow through the tube before immersing it in the liquid prepared for the enema. This care is also essential where the enema is to be retained, as in the anodyne injections used in dysentery. Of these, the proper quantity for a child two years old and under is about a tablespoonful.

Above all measures for preventing constipation, the habit of making the attempt to evacuate the bowels once a day is the most important. This habit should be formed in early childhood; neither study, nor play, nor work, should be allowed to interfere with the observance of this rule, and no excuse should be accepted for its neglect. It would require too much time and space to detail here the evils which result from permitting children to grow up subject to habitual constipation.

They are numerous and grave enough to warrant the most urgent warning, and I am satisfied that in a majority of cases, if the mother were sufficiently

careful of the diet and habits of the child in early life, this misfortune might be prevented.

Prolapsus of the mucous membrane of the rectum sometimes occurs in the course of prolonged or severe diarrhœa or dysentery. It may be replaced by using gentle pressure with a soft linen napkin rubbed over with cerate or cold cream. When the intestinal disorder is cured, the parts will be restored to the normal condition.

Nocturnal incontinence of urine is a most inconvenient malady, which sometimes persists until puberty, and, in rare cases, even later. Usually, however, it disappears spontaneously at the age of eight or nine years. It sometimes resists all treatment, but can generally be mitigated. The habit of holding the urine as long as possible during the day should be insisted upon; if there is debility, the usual hygienic measures are in order; excessive drinking, particularly during the afternoon and evening, and late and hearty suppers should be discouraged. If the means suggested fail, which they will quite often do, the malady depends upon a cause beyond the reach of domestic treatment, and a physician is required. Nothing is more cruel or unjustifiable than punishment or threats of punishment.

Inflammation of the breasts may occur in new-born babes. The gland becomes hard and swollen, tender to the touch, and sometimes red; a milky fluid exudes when the nipple is pressed. This inflammation commonly subsides without treatment, but occasionally it

terminates in an abscess containing pus, which must be evacuated. Warm baths and soothing local applications, like Goulard's extract, diluted with rose-water to the extent of one-half, weak camphor-water and the like, may be tried. If an abscess forms, a simple poultice of linseed-meal may be applied, and the doctor should be called in to evacuate the abscess. In the case of female children, especially, the lancet should never be trusted in inexperienced hands; an ignorant operator might very easily sever the milk ducts, and thus inflict irreparable injury. Avoid squeezing the breasts when they are inflamed. This inflammation may also occur in both sexes at the age of twelve or fifteen years, and indicates the approach of puberty. There may be heat, pain, sensitiveness and, rarely, an abscess, or there may be a chronic hardness without pain or tenderness. These symptoms generally disappear spontaneously, but if they linger for some time and are troublesome, the measures above mentioned may be employed.

Abdominal hernia is frequently met with in children. It may be caused by long and violent crying, or by a sudden strain, and it sometimes appears a few days after birth, without any appreciable cause. In any case, if a child suffers from apparent colic, which does not yield to the ordinary remedies, a physician should be consulted. It may be a strangulated hernia.

Leucorrhœa is a disorder not unfrequently found in little girls even in infancy, and it is often associ-

ated with a quite severe local inflammation. It is sometimes a disease of debility, merely, and will yield to good hygienic and tonic treatment. More often it is found in children of a scrofulous diathesis, and this condition of the system demands alterative as well as tonic treatment, and the professional adviser should be consulted. It is also sometimes caused by want of proper cleanliness, by an acrid quality of the urine, and occasionally by small thread-worms which escape from the rectum. If not complicated by any disorder of the system, it yields readily to the measures already recommended for excoriations about the anus, with which, indeed, it is often associated. These are, the most scrupulous cleanliness and the use of mild lotions, and powders dusted over the surface. Among the best of these lotions are camphor and lead-water. One-third pure water to two-thirds of the medicated water, as procured at the druggist's, is a good proportion for a child of a year old and under. For a powder, a drachm of sub-nitrate of bismuth to an ounce of lycopodium or rice-powder is all that can be desired.

Rickets is a disease common among children of a scrofulous diathesis. It consists in a fault of nutrition by which the bones contain less than their normal proportion of the salts of lime; they are soft and yielding and easily bent. In mild cases the long bones of the legs are most affected; sometimes the head is abnormally large from the unnatural elasticity and consequent distention of the cranium; in

more marked cases the chest and ribs are involved, and the chest projects at the sternum, making the so-called pigeon breast. The child is usually pale and weak, the muscles soft and flabby, the teeth are slow in coming, the abdomen is apt to be distended and hard. There are, however, exceptional cases where the physical signs of ill-health are wanting, and the child is fat and rosy, yet, sooner or later, the morbid condition reveals itself. These cases require constitutional treatment, and this treatment, to be of any marked value, must be persisted in with heroic patience. Hygienic measures, an out-of-door life, and an abundance of nutritious, easily-digestible food, are essential.

Rickety children should not be allowed to stand or walk until the disease is well advanced towards a cure. The notion that bearing the weight on the limbs will make them grow stronger is altogether fallacious. It will, on the contrary, produce curvatures resulting in a life-long deformity. If these are already established, much good may be hoped from a suitable apparatus, and the earlier it is applied the more confidently may favorable results be anticipated.

All the ordinary slight ailments of children are apt to be accompanied by a considerable degree of fever. This is peculiarly true of plethoric and robust children. The febrile disturbance is often altogether disproportioned to the gravity of the attack. A little cold, a trifling gastric derangement, will kindle a fever that seems to threaten alarming consequences, but it

usually yields promptly to mild domestic remedies. If, however, an epidemic is abroad, as scarlet-fever or diphtheria, or if the child is known to have been exposed to either of these undoubted contagious diseases, the occurrence of fever is justifiable cause for alarm. It is much better in these cases to call the physician early. The treatment in the first few hours may determine the issue.

I am aware that I may be accused of writing in the interest of the profession. It is, on the contrary, wholly in the interest of the patient. It is the patients who are dosed with quack medicines, deluged with stimulating teas, drenched with vapor-baths, purged by pills and soothed by infallible anodynes, that furnish the prolonged and profitable cases to the doctor, and assist the undertaker to live.

Shall we, then, send for the doctor every time the baby sneezes or the robust boy is feverish? This is not to be expected, and one of the main purposes of this little book is to teach the intelligent mother to discriminate between those dangerous diseases which require the best skill of the physician to conduct them to a safe issue, and those light ailments which disappear spontaneously or with slight treatment. But I must repeat here that this differentiation is often quite impossible to the unprofessional observer, and it is surely better to err on the safe side, even at the cost of a few dollars, than to run any serious risk. I do not hesitate to assert that the proportion of recoveries from even grave diseases might be much

greater than it is, if judicious medical advice were sought in the beginning.

I must add that there is one thing which mothers are bound by reason and common sense to do, and this is to refrain from giving quack medicines. I include, under this name, all those medicines whose composition is a secret. Doubtless many of them are useful in appropriate cases. All of them which have any real remedial value were made up either from the formula of a physician or an educated pharmacist. But all medicines must be given with discrimination, and no layman can tell, with any degree of assurance, whether a certain remedy is or is not demanded. Again, we are ignorant of the composition of these vaunted medicines. Dare you trust an irresponsible stranger who keeps the ingredients of his nostrum a secret, who cannot be reached if it does injury, and made to suffer in fortune or in reputation? I plead for the children, that they at least be not made the victims of credulity or an ill-judged economy.

CHAPTER XI.

ACCIDENTS.

THE liability of children to accidents of more or less gravity, is a fact almost too familiar to the anxious mother, whose solicitude is occasionally so constant and painful that she may be truly said never to know a moment's peace of mind from the birth of the child until it has grown up.

While I would be far from deprecating that maternal watchfulness which precludes serious disaster, except under a conjunction of unhappy circumstances, and spares the child the greater part of the small hurts of infancy, I would still suggest that it is possible to become morbid upon this subject as upon any other; that this solicitude may be so vigilant as to unnecessarily hamper and restrain the child and distress the household; that it may stand in the way of his future good; and, finally, that excessive coddling is evaded sooner or later by the boy or girl who has character and mettle, and is, of all sorts of discipline, the worst for the child whose flaccid temperament and will need the lesson of self-reliance.

The tendency, just now, being wholly towards juvenile independence, it may not be needful to say what,

a few years ago, would have been by no means superfluous, that, after all, our children are, indeed, not ours, that they are only lent to us for a space of time too pitifully brief; that presently, the child will stand alone, and put forth upon the sea of life for himself, and that training is the wisest and tenderest which best fits him for the voyage; which gives him, and her also, vigor and courage and self-reliance. And so the boy and girl should learn to run, and ride, and swim, for their present development and future self-protection.

Danger of Suffocation to the New-Born.

Perhaps the earliest danger which menaces the infant is that of suffocation by being smothered under the bed-clothes, or overlaid during the night by mother or nurse. I would not allow the nurse, or advise the mother, to keep the baby in her own bed at night. There are good sanitary reasons against this practice besides the objection on the score of danger, and the comfort and quiet rest secured to the mother by the baby's absence is an important point. Doubtless an exception should be made in the case of prematurely-born infants, whose feeble frames are nourished by the vital warmth communicated by the body of a healthy person. The face of an infant should never be covered, day or night, so as to exclude the air.

Inflammation of the Eyes

in young infants is usually a very serious disorder, and no time should be lost in seeking competent medical skill. Washes like mother's milk can do no good in a disease which runs a rapid course and destroys the sight often within twenty-four hours. In older children it is mostly insignificant, and warm milk and water or tepid salt-water will usually suffice for a collyrium.

Foreign Bodies

in the œsophagus, or passage to the stomach, may often be expelled by the familiar method of holding the child's head downward and slapping him on the back. It may also sometimes be adroitly removed by the thumb and forefinger, making pressure at the same time upon the upper part of the chest with the other hand. If it cannot be reached and cannot be expelled, it may be pushed down. If it be a small coin or something of the kind, it will usually pass away through the bowels without doing any mischief. If it is capable of being dissolved,—as a piece of candy, for example,—give warm drinks. If it be

IN THE NOSE,

it may be withdrawn with a small pair of tweezers, or the blunt end of a hair-pin, or a pinch of snuff may be given to provoke sneezing.

IN THE WINDPIPE

the case is more serious, and less within our control. But here Nature sometimes expels the intruder in violent coughing.

IN THE EAR.

The little things which children are so fond of putting into all the open cavities of the body sometimes give a good deal of trouble in the ear. Insects may be destroyed by dropping into the ear spirits of any kind. If the substance, whatever it may be, cannot at once be removed, a little warm oil, with a drop or two of laudanum added, will relieve the pain. Then, by turning the side affected downward, a single shake of the head will often cause it to fall out. If not, injections of warm water into the ear, with the head in the same position, will perhaps wash it out. These have sometimes succeeded after a persevering use of several days.

Burns and Scalds.

These, if slight, are easily treated and quickly cease to give pain. Sometimes painting over the burn with common mucilage will suffice. The best domestic remedy for burns is the lime liniment, sometimes called carron oil. To prepare it, mix eight ounces of lime-water with seven ounces of linseed-oil. Lime-water may be procured at the druggist's, or made at home by dissolving quicklime in water, a

little more than an ounce to a quart. It should be kept in well-corked bottles, and it is best that there should be some undissolved lime in the bottles.

In applying a dressing to a severe burn, lay a fine, soft piece of muslin next the skin, and cover with a light layer of cotton wool or wadding. If the muslin were not interposed, the dressing would be very painful. In severe burns use cold applications immediately, while the dressing is being prepared.

Blows on the Head

are among the most alarming hurts that children receive. If they are serious, they require other than domestic treatment; if slight, they may be relieved by compresses of cold water or, still better, alcohol and water.

Bruises and Wounds,

both cut and punctured, are best treated by douches of warm water to relieve the pain, followed by bandages saturated with alcohol and water (one-third dilute alcohol). If, however, cut wounds bleed copiously, cold water may be used to stanch the flow, and the edges afterward brought in apposition and retained by narrow strips of adhesive plaster.

Fractures

are beyond the reach of domestic surgery. Fortunately, simple fractures in children are not very alarming, consolidation being quickly effected unless hindered by the intractability of the child.

Sprains

are frequently very painful. When this is the case embrocations of camphor liniment and laudanum are useful, alternated with cool baths and compresses. The old-fashioned remedy, ox-gall, is efficient. It is important that the limb be kept elevated, so that the fluids of the body should not gravitate to the part and increase the congestion. When the joint can be moved without too much pain, sprains are successfully treated by shampooing the part, the hands of the operator being previously warmed and oiled.

I cannot omit here an earnest protest against the common but reprehensible custom of lifting children by one arm. It is hard to see how any person, not to say a mother, can do anything so obviously cruel. The weight of the little one suspended from one shoulder is as great in proportion to the parts which support it as the weight of an adult similarly suspended, and as much more painful and dangerous, as the muscles and ligaments of the child are tenderer than those of the adult. Yet every day one sees in the streets little children dragged about by strong men and women, chiefly women, in this inhuman manner. Almost as objectionable is the practice of leading little children, just learning to walk, by one hand, since, if the little creature happens to make a misstep and fall forward, his whole weight is thrown suddenly upon the extended arm. A distinguished French surgeon says that he has occasion to treat

great numbers of children with sprains of the elbow and shoulder-joint, and that they are nearly all caused by their being lifted by one arm.

Chilblains

are induced directly by exposure of the feet to cold and wet, but are indirectly due to a constitutional defect which requires alterative and tonic treatment. The local measures are cool foot-baths; sometimes emollient baths, as decoctions of flax-seed, bran, or slippery-elm, when the inflammation is acute and the chilblains very tender; tonic foot-baths, as infusions of oak bark, and various ointments. The following ointment is useful at all periods of the disease :

R.	Pot. Iodidi	3j.
	Tr. Iodini M	xx.
	Adipis	3j.

℞

Bleeding at the Nose

is common in childhood and youth, and need give no alarm unless the hemorrhage is frequent and profuse, or occurs in pale, weakly children. In plethoric subjects it is often salutary, relieving cerebral congestion. Occurring in girls at or near puberty, it may be considered vicarious, and will cease when menstruation becomes established. When it is desirable to check it, this may often be done by elevating the arms above the head and keeping them in that position for a short time. The nostrils may be plugged with lint saturated with cold water, or bits of ice

may be substituted. In bad cases, the posterior nares must be plugged and astringent solutions used.

Accidental Poisoning.

It would be impracticable in a work like this to give antidotes for the various poisons and directions for their use. In general, it may be said that cold affusions to the head and hot foot-baths are in order. The antidote should be given first and an emetic afterward.

If a child has been overdosed with paregoric or laudanum, send for the doctor; but if his arrival is likely to be delayed, give, meantime, strong black coffee, and, in addition to the cold affusions and hot foot-baths, use friction to the skin as vigorous as the child can bear.

For acids, the antidotes are alkalies, like magnesia, chalk, and solutions of soda.

For alkalies: vinegar, lemon juice, oil.

If concentrated lye is swallowed, pour into the stomach a quantity of lard or olive oil. This, unhappily, is a grave accident, and recovery is not to be expected.

Oil or lard may safely be given immediately after the ingestion of any of the ordinary poisons. The surface of the stomach thus becomes covered with the oleaginous fluid, and, absorption being hindered, time is given to seek the treatment adapted to the case.

When asphyxiating gases are inhaled, fresh air, cold affusions, and artificial respiration are required.

CHAPTER XII.

APHORISMS.

OF one thousand children born, one hundred and fifty die within twelve months. At fifteen years of age, six hundred and eighty-four remain of the thousand.

The daily increase in weight of a normally developing infant amounts to from a quarter of an ounce to three-quarters of an ounce.

I consider bathing as the grand arcanum of supporting health, on which account, during infancy, it ought to be regarded as one of those sacred, maternal duties the performance of which should on no account be neglected for a single day.

During the entire period of infancy and childhood the hair should be kept short. . . . I have never seen softer, better hair than on girls who have had it kept short, like that of school-boys, until they were in their tenth year.

Every article of dress worn during the day should be changed on retiring to rest.

The milk of the mother (or a healthy nurse) is the natural and only proper food for an infant. Nature does not afford, nor can art supply, any substitute. In the asylums for foundlings and young infants, where feeding by hand has been substituted for the natural nourishment, the mortality has been most appalling. As high as ninety per cent. of the infants have been destroyed.

Never was there a more absurd or pernicious notion than that wine, ale, or porter is necessary to a nursing-woman in order to keep up her strength, or to increase the quantity or to improve the nutritive qualities of her milk.

Children should not be allowed to eat frequently between meals. . . . The child should be accustomed to partake of food only at regular periods.

As a general rule, sugar should be given to children rather as an addition to less palatable articles of diet than as the principal food.

By a healthy child, nearly all the saccharine fruits, when perfectly ripe and mellow, may be eaten in moderation with perfect safety.

Man should be submitted from his cradle to the laws of hygiene, so as to strengthen his constitution if it is good, and in order to improve it if it is bad.

A woman who nurses should give the breast every two hours at least, every hour at most.

Between eleven o'clock in the evening and six in the morning, a good nurse only suckles the child once.

A milk too rich, too much charged with solid elements, in a healthy nurse, is indigestible, and causes diarrhœa.

Whatever may be the cause of the alteration in the composition of the milk, the result is always the same to the children; the symptoms which become developed are always seated in the alimentary canal, and diarrhœa is always the consequence of it.

The change of nurse has no inconvenience, if a bad one can be replaced by a better.

Fatty food is hardly suitable until towards the end of the first year.

The period for weaning should be fixed between twelve and twenty months.

Weaning is commenced by ceasing to give the breast during the night.

The head should be washed with the greatest care,

and it should be gradually cleansed from the scaly substance which covers it.

The most intense fever, with restlessness, cries, and spasmodic movements, may disappear in twenty-four hours, without leaving any traces.

A child which has rapidly lost its plumpness, whose flesh is soft and flabby, has had, and is probably laboring under, diarrhœa.

A violent fever dries up the secretion of tears.

A sudden and rapid convulsion, unattended by fever, is not at all dangerous.

Fresh air, cold, and the sprinkling of the face with cold water, are sufficient to ward off an attack of convulsions; but, when once it has commenced, they do not arrest it.

A sudden, nocturnal attack of suffocation, accompanied by a dry, hoarse, hissing, and sonorous cough, announces false croup.

False croup, very violent at its commencement, diminishes in a few hours; whereas true croup advances without intermission, daily increasing in intensity.

Two or three fits of suffocation, less and less severe,

with an interval of twenty-four hours, characterize false croup.

Inflammation of the alimentary canal of young children is preferably established in the large intestine, very seldom in the small intestine, and still more rarely in the stomach, and well deserves the name of entero-colitis, which I have applied to it.

Entero-colitis is the natural consequence of improper regimen of children, of bad milk of nurses, of alimentation from the feeding-bottle, of the premature use of solid food, whether fatty or otherwise, of multiplied indigestions brought on by the folly of some mothers.

Fever, vomiting, green, variegated, or serous diarrhœa, and emaciation combined with great softness of the integuments, announce an acute entero-colitis.

Children should not be allowed to sleep with persons advanced in age, nor with those of a broken-down constitution or who are laboring under any chronic disease.

When asleep, an infant should be excluded from light and noise.

A young child should not be awoke from its sleep suddenly, nor by any rude motion or loud noise.

Infants should be gently handled. Pulling them about roughly, trotting, tossing, swinging them from side to side,—all rude play of this sort does no good, and may do harm.

A prudent mother, who is herself of an amiable and cheerful disposition, must perform but illy her duties as nurse, or she would seldom have cause to complain that her time is wholly occupied during the day, and her rest disturbed at night by the cries of a fretful infant.

Children, if properly trained from birth, are far more docile than the generality of parents are inclined to believe.

The common people of Italy are remarkable for beauty of face and symmetry of form. This has been attributed to the pre-natal influence exercised upon the development of the child by the constant presence before the eyes of the mother of the pictures of the great masters and the noble sculptures of antiquity.

Selected.

CHAPTER XIII.

FORMULAS.

THE few simple and safe formulas for medicines here given are designed to meet possible exigencies, and may properly replace popular secret nostrums. They are not intended to supersede the physician.

R.	Potass. Chlorat.	3ii.	
	Acid Carbolic.	gtt. iv. .	
	Glycerini. } <i>a a</i>	3ii.	
	Aquæ. }		
℞. ft. sol.			

Sig. Used as a gargle.

This is an efficient gargle for all varieties of sore-throat, and may be used every hour or several times daily, according to the severity of the case. In the ordinary sore mouth of children it is employed as a wash by means of a soft sponge or swab.

R.	Podophyllin.	grs. j.	
	Alcohol.	3j.	
℞. ft. sol.			

Sig. One to three drops on sugar two or three times daily.

Useful as a laxative in habitual constipation of children, with hard, clay-colored or greenish stools.

R. Vini Ipecac. 3ss.
 Sig. One drop in a little sugared water every hour.

In dysenteric diarrhœa, with slimy stools, whether vomiting be present or not.

R. Tr. Op. Camph. 3j.
 Fld. Ex. Geranii Mac. 3jii.
 Bismuth Sub. Nit. 3jss.
 Syr. Zing. } *a a.* . . . q. s. ad. 3ji.
 Aquæ. }

℞.

Sig. One teaspoonful once in two or three hours.

Used in simple diarrhœa.

R. Amm. Mur. 3j.
 Morph. Sulph. gr. j.
 Syr. Glyc. q. s. ad. 3ji.

℞. ft. sol.

A valuable cough medicine. Ten drops to half a teaspoonful may be given to children from one to five

years of age. To be given at bedtime, and two or three times during the day if required.

R.	Quin. Sulph.	5ss.
	Glycerini	5iss.
	Acid Tannic.	grs. ii.
	Syr. Glyc.	3iiss.
	℞. ft. sol.					

A tonic in which the taste of the quinine is nearly disguised. Dose from half to a whole teaspoonful.

R.	Potass. Bi.-Carb.	5ji.
	Aquæ.	5vi.
	℞. ft. sol.					

An agreeable fever mixture. Make a lemonade by mixing a tablespoonful of lemon juice with sugar and half a tumblerful of cold water. Add to this a tablespoonful of the solution. May be given every two or three hours as required.

R.	Olei Morrhuæ	3ii.
	Ovi Vit.	j.
	Mucil. Gum Acac.	q. s.
	Phos. Acid Dil.	3ji.
	Aq. Cinn.	.	.	.	q. s. ad.	3iv.
	℞.					

The above is a good formula for an emulsion of cod-liver oil. The dose is a teaspoonful three times daily.

If it is considered desirable to give the oil pure, it may be disguised in different ways, according to the taste of the patient. Among other methods are the following :

1. Give it in orange or lemon juice.
2. Add to each dose a few drops of Acid Nit. Dil. and Tr. Comp. Card.
3. It may be floated on the froth of porter or on weak brandy and water.
4. Five drops of ether may be combined with every teaspoonful of the oil. Ether is also an important aid to its digestion.
5. A little salt may be eaten after the oil is swallowed, or a bit of smoked herring. It is best given about half-way between meals and at bedtime. .

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PREFACE.

The present little volume owes its origin in some degree to a very favorable review of the third edition of my work, called a "Practical Manual of the Diseases of Children," which appeared in the *Pall Mall Gazette* of March 18, 1878, and from which review the following passages are extracts:—

"There are two classes of books which are worse than useless in the nursery. The 'domestic medicine' kind pretend to explain everything and to point out a remedy for everything, and, of course, lead to meddlesome mischief. They are, in fact, too often, manuals of domestic infanticide. The high scientific treatises, in which there is genuine information couched in technical language, would only bewilder an anxious mother. The big words and mystery magnify her troubles tenfold. Yet there are hundreds of nurseries in which a plain, sensible guide is wanted. It is not every young wife that can afford to have an experienced nurse at command, or who is lucky enough to be able to consult an experienced mother as to what is the matter with her child, and whether she ought or ought not to send for a doctor. This practical manual, by Dr. Ellis, ex-

actly replaces both nurse and mother, and gives her the means of judging and acting rightly."

Nevertheless, the volume here reviewed is addressed to the medical student and medical practitioner, and contains a great deal of technical and purely professional matter, which would scarcely be intelligible to mothers—at any rate, to ordinary mothers. Moreover, its price would prevent many from obtaining access to it, and those a class to whom, I imagine, such a work in a cheaper form would be especially useful. During my residence in New Zealand the desire for such a small manual has been very frequently expressed by up-country settlers and others, unable readily to procure medical attendance, and also by many mothers, anxious for some book of reference upon the different "foods" and general diet for children in health and disease. I have, therefore, taken the substance of some chapters of the larger volume, and added some general directions on nursing, hygiene, and other matters needful in the management of an ordinary nursery. I have at the same time omitted as many technicalities as I could, so as to render this little work, as far as possible, "a manual of what every mother should know." I have aimed at giving such an account of symptoms as should enable parents to form an opinion whether a child be seriously ill or not. I have made no attempt to advise a mother to treat a child suffering from severe ill-

ness. I am satisfied that such a course is impossible, unless the study of medicine be mere waste of time; but in the case of those not too well off, or at a distance from medical aid, it may be of much value to recognize a simple from a dangerous ailment, and to recognize early insidious symptoms which are so constantly recognized too late, even by the wealthiest and such as are anxious to obtain medical assistance when needed.

I have added a chapter on injuries and accidents, such a chapter being imperatively needed in many remote households.

*Cranmer Square,
Christ Church, New Zealand.*

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WHAT EVERY MOTHER SHOULD KNOW.

INTRODUCTORY.

Those who would be blessed with healthy children must be themselves healthy, and living in obedience to the laws of nature and morality. It is certain that the children of individuals in a state of good physical health and of highly cultivated moral and intellectual powers start from the highest vantage ground of humanity, and inherit tendencies of the best and noblest kind. The converse is equally true, and the children of the debilitated, the drunken, and the debased, start their race in life heavily handicapped with innate tendencies alike to physical ailments and to moral depravities. It is worse than idle, for our present purpose, to speculate why this is the case. The fact remains, and from it may be readily inferred the heavy responsibilities of the marriage contract. A man and woman about to marry should remember that upon their health and

happiness, upon their obedience to the best rules and highest discipline of life, will depend not only their own comfort, but, to a large extent, the constitutions, physical and mental, of their offspring. Can any higher motive, apart from religion itself, exist to strengthen the habitual supremacy of regular living and good temper, and all the wholesome charities of home, than the reflection that by the constant cultivation of these, improved physical conditions and higher moral and intellectual capacities may be handed down to our children?

It is with very deep regret, and with an anxious outlook for the generation to come, that one reads such extracts as the following from the *Saturday Review*: "It may seem a harsh thing to say, but it is none the less true, society has put maternity out of fashion, and the nursery is, nine times out of ten, a place of punishment and not of pleasure, to the modern mother." So much the worse for the modern mother, and so much the worse for society, if the indictment be true. Then the *World* tells us that "the fashionable woman of to-day is hardly disposed to count her children among the goods the gods give. If the first-born appeals to those instincts of maternal affection

which she possesses in common with the lower animals, her nursery no sooner begins to fill than her children take their place among the plagues of life." If this be in any degree a fair statement of the case in any section of the community (and the section indicated is undoubtedly the highest), then beyond doubt our modern civilization, luxury, and extravagance are very questionable blessings. A very able writer, in seeking an explanation of these things, assigns as one reason that the modern lady has become "a doll to be decked and draped and carried out, instead of an active, laborious, working help-meet to man." Better far, if such is the portrait of the British mother of modern times, to have done with the over refinements of an unnatural society—the pampered ease of wealth and fashion—and to go back to the active housewife of our forefathers' days, to the woman who *could* and *did* both "toil and spin," who had more wholesome occupation than novel-reading, and who found subject for pride in the health and well-being of her offspring. Monsieur Mayer avers that a veritable plague is to-day scourging the society of France, spreading ruin in its families. It is, he says, to use a consecrated expression, "the unbridled luxury of women."

America and England re-echo the cry, and as Tennyson says:—

“The woman’s cause is man’s. They rise or sink
Together. Dwarfed or god-like, bond or free.
If she be small, slight-natured, miserable,
How shall men grow?”

It is the solemn duty of every medical man, as far as may lie in his power, to urge a return to the dictates of reason and common sense; then we may hope to hear less of idle, useless, and luxurious women, and find noble wives and happy mothers in their place.

To begin at the very beginning, and in accordance with what has been just said, when a woman finds herself pregnant, she should remember that she has a future life depending upon her wisdom or folly, prudence or imprudence. Let her then live simply, rising early, enjoying free ablution, eating good, plain, wholesome food, occupying herself cheerfully, getting daily exercise, avoiding stimulants beyond a glass of beer or a glass or two of wine, if used to such, avoiding late hours, balls, excitements, over-fatigue of every kind. Let her take care that the bowels are relieved regularly, and towards the close of the period a dose of old-fashioned castor-oil once or

twice a week will be of real service in getting everything ready for the labor. A well-fitting elastic abdominal belt is of much comfort to stout ladies when pregnant, and to all when the stomach is large and heavy. It is an excellent plan to bathe the nipples for several weeks before the confinement is expected, with a little alum and water, brandy and water, or eau-de-cologne and water; about one part of spirit to three of water makes a good application. This would often prevent "sore nipples" altogether.

A word upon sore nipples. They are often an indirect cause of deficient lactation. Many remedies are extolled. I have found the most serviceable to be, for mild cases, painting the nipples, after each time the child has suckled, with a little so-called Friar's balsam, or tinct. benzoin comp., or liniment of lime, or with a lotion containing borax, or a powder of borax and starch, or a powder of gum arabic and powdered alum or borax. Carefully drying the nipple with a very old, soft rag after each suckling, and then applying powdered spermaceti, is recommended by Dr. Tanner. Sometimes a weak solution of nitrate of silver, seven grains to the ounce, answers well. In worse cases, a glass shield and artificial nipple

must be used, and Dr. Wansbrough's metallic shields may be worn with advantage when the child is not suckling. If the baby have an "aphthous" mouth,* it is needless to say the mouth must receive attention if the sore nipples are to be cured. The child should have the mouth and tongue freely and often smeared with glycerine of borax, and take a few doses of chlorate of potash, a grain or two grains in sweetened water. The nipples may be covered with the glycerine of borax, or any of the other methods just described may be employed. Dr. Haussmann, of Berlin, recommends compresses soaked in a five per cent. solution of carbolic acid, and changed every two or three hours, as the best remedy for sore nipples.

Suppose the babe just born ; what is to be done with it? It is to be thoroughly washed with warmish water, by means of a piece of nice, soft flannel ; if much of the "vernix caseosa," or cheesy kind of compound that is often present on newborn children, exists, a little oil or fresh butter will assist in its removal. There is no objection to the use of Castile soap, white curd soap, plain glycerine soap, plain honey soap, or elder-

* *i. e.*, Little or much affected with thrush.

flower soap of a good maker, to aid in this or any washing of children. This is an age of adulteration ; to prevent its beginning at the cradle, obtain the purest soap you can, for acrid or highly-scented soaps may only set up inflammation of the eyes, or cause irritation of the skin. The baby is afterwards to be thoroughly well dredged over with unscented starch-powder, which, with the addition of scent, forms violet powder. The scent is sometimes, with irritable skins, better dispensed with. In most cases violet powder does very well. But if any excoriation exists, as it frequently will, about the groin and perineum, after very free sponging with plenty of warm water—no soap of any kind admissible—a little pure oxide of zinc (Hubbuck's is reputed pure) should be dredged instead of the starch-powder, over the parts, *after* careful and thorough drying with soft rags or napkins.

An infant's clothes should never be washed with soda. The bath should be thoroughly given every morning, gradually getting it from warmish to cold—in the Australian colonies cold all the year round ; in England, a dash of warm in the winter, but the colder the more strengthening, so it be not below 60° Fahr. A good bath ther-

mometer, which will also indicate the temperature of the room, should be in every nursery.

A piece of soft linen rag with a hole in it (some persons like the edges of the hole singed, *i. e.*, lighted for a moment by a common candle and blown out, but this is really quite useless) is to be applied to the infant's belly, the cord of the navel drawn through the hole in the rag, turned upward on the abdomen, the rag folded neatly round the cord and the flannel binder applied over all. Bleeding from the navel-cord is a very serious matter indeed. It is fortunately rare. Its occurrence varies from within a few hours to the eighteenth or twentieth day after birth. It occurs most generally about the eighth day.

The navel cord is usually completely separated within five days to one week after birth. Sometimes it is as long as a fortnight. At any rate, let it alone ; let it take its own time.

The baby should be put to the breast, some say before the doctor leaves the house ; all agree within six hours. If there be tendency to bleeding from the womb, the suckling of the infant will tend to check it ; if not, the suckling still tends to contract and tone the condition of the womb.

The "colostrum" or earliest milk is a purga-

tive, nature's "castor oil," nature's "honey and manna," the best purgative the young infant can receive. Further, the very act of suckling is the best provocative to the breasts to begin secreting. It is the babe's telephonic whisper that milk is needed, and the mammary system speedily replies to the message, and the sweet, pure milk is there in abundance.

The quantity of milk furnished by a healthy woman is about three pints daily for a child three months old. Younger children take less, about a quart and a quarter, and older children from forty-eight to sixty fluid ounces, in drinks varying from a little under to a little over half a pint at a time, the drinks being taken from six to eight times in the twenty-four hours.

The free secretion of milk is promoted by a calm and equable temperament. All violent emotions and excitements exercise a prejudicial effect on the quantity and quality of the milk. Suction will sometimes increase a torpid flow, and gentle friction is also useful in aiding a scanty secretion.

Electricity has been used with considerable success for the like purpose, and coition in moderation certainly increases the lacteal flow.

Generous diet, but an avoidance of rich and made dishes, plenty of milk and eggs, good beef and mutton, chicken and fish, a glass of good stout twice a day—no other stimulant—fresh air, cleanliness, and moderate exercise will generally keep up a fine healthy flow of rich, nourishing milk. Oysters, whiting soup, conger-eel soup, and crabs are reputed galactogogues (or promoters of milk). Pea soup, lentil soup, and turnips are recommended, as also, by old writers, fennel and parsnips. The decoction of the stalks and leaves of the castor-oil plant is strongly recommended by Dr. Routh, in the form of a preparation called the liquor palmæ christi, of which the dose is from one to two teaspoonfuls, three times a day; the galactagogue effects are stated to be strongly marked. A decoction of the milk weed or milk vetch is also frequently employed by the poor. Lastly, cocoa, chocolate, and cod-liver oil are frequently useful as adjuncts in the diet of the nursing mother whose milk threatens to cease.

GENERAL MANAGEMENT DURING THE FIRST YEAR OF LIFE.

The average weight of a new-born child is seven pounds; the extremes are from four to eleven pounds. The following are the chief anatomical peculiarities of a new-born infant, and the practical inferences deducible therefrom. A new-born child has a small stomach, therefore do not suffer it to be overstuffed with food. Its intestinal action is more rapid, and the power of generating heat is small, hence the great need of warmth. Its heart is large, its brain is large, and contains less relative phosphorus than the adult brain. The brain of an idiot contains the least phosphorus of all—a possible hint for treatment. It is worth remembering that, owing to the large size of the liver in infants, a child is often sick when placed on its left side after suckling, owing to compression of the stomach by the weight of the liver. So if difficulty occurs in a child sucking the right breast, its legs should be turned under its mother's right arm, so that it may be allowed to suck lying on its right side.

A child should be washed in warmish water

twice a day, carefully dried, and dusted over with unscented starch-powder ; if there be any excoriations, oxide of zinc will replace the starch with advantage. An infant's clothes and napkins should never be washed in soda. If, on the separation of the navel, there is a little ulceration and serous exudation, zinc ointment is the best remedy, or a little bismuth ointment. If the navel be ruptured, it should be immediately secured with soap-plaster or diachylon, a small pad of lint over a piece of flat cork being placed on the protrusion ; an elastic bandage over all is useful to keep things in place. In severe rupture a piece of sheet lead should be folded over the cork and well padded with lint, and then fastened as before.

The child's ordinary flannel bandage should not be left off till the third month, when it may be dispensed with gradually by using smaller ones. If pertussis or any straining cough be present, the band should not be left off even then.

No mother should willingly delegate to another the duty of nourishing her own offspring ; no food whatever agrees with a child like its mother's milk ; at the same time there are cases in which suckling is evidently beyond the mother's strength, or it may be inadvisable, by reason of some he-

editary taint, as cancer, consumption, and others equally as important. If the child be tongue-tied, the *frænum linguæ* will require snipping with a pair of scissors. Mr. Maunder recommends that this little operation be done with the nail. The child should be applied alternately to each breast at intervals at first of an hour and a half to two hours, gradually increased to three and four hours, as the child grows older. As a rule, no artificial food whatever should be permitted when the breast of milk is good ; at any rate, until the sixth or seventh month.

The best test of the quality of the mother's milk is the fact that the child thrives or does not thrive.

There can be no question whatever of the incomparably greater value of the breast-milk over any method of artificial feeding, both as regards the chance of life and the perfection of the development of the infant. It is impossible to lay too much emphatic stress on this point, and those mothers who, from reasons of indolence, fashion, and what not, refuse to perform this sacred duty to their children, cannot, in many instances, be considered guiltless of the weakness, disease, and even death, which their willful neglect may entail. It

is the duty of medical men to discountenance strongly the pretexts of fashionable mothers to obtain a wet nurse, that they may be free to rush back into the giddy scenes of frivolity and pleasure. "Can a woman forget her sucking child?" It seems that in these days not a few, but multitudes of women can and do forget them, and elect rather their own selfish gratifications than the life-long good of the helpless babes entrusted to their care. This is not the type of womanhood which has earned for women their character for nobility and self sacrifice. Nor let such flatter themselves that they shall escape the Nemesis of outraged nature. "A mother who does not suckle is more liable to peritonitis, inflammation of the uterus, abscesses in the breast, cancer of the breast and womb" (Decaisne). And it is certain that suckling exercises a most beneficial influence in causing tonic contraction of the womb. How constantly are we called upon to treat ladies suffering from backache, aching in the thighs, inability to stand long or walk much. Such have sensations of weight and bearing down, etc., and the cause is very often found to be a kind of flabby enlargement of the uterus, which has never properly contracted after confinement, and which

leads, if neglected, to falling of the womb, to its being bent out of place, either forward or backward, to inflammation of its cavity, to divers kinds of "whites," and, in a word, to all sorts and conditions of uterine disorder.

"Bringing up by hand" may be said to be always fraught with more or less peril to the infant. Dr. Youl, the city coroner of Melbourne, put this somewhat strikingly, when he explained to a jury, quite recently, "that if one hundred children were put out to dry nurse with the best supervision, and every care taken, in less than three months from seventy to eighty of the number would be dead." Statistical tables show that the best developed children are those fed exclusively on breast-milk for a period of at least nine months. Of fifty children fed by hand entirely, only five were well developed, thirteen medium, and thirty-two badly developed; and this represents the condition of fifty survivors of dry nursing.

Probably a more serious problem does not exist than how to rear children by hand successfully, and it demands our closest and most anxious consideration. To begin with, cow's milk, if stall-fed, is often acid, while human milk is alkaline. This should be ascertained by the daily use of

litmus paper. The cow's milk should be as new as possible, warm, by preference, and it should, where practicable, be the milk of one cow. The milk should be tested for watery adulteration, with an ordinary lactometer, an instrument no household should be without. In a doubtful case, a hydrometer should also be used, and the results of the two instruments compared. Also, the thickness of the coating of cream should be observed side by side with a sample of known pure milk. The pure new milk of a grass-fed cow should be supplied twice daily. To make a bottle—say eight ounces of food suitable for a child under three months—four ounces of such milk should be diluted with four ounces of hot water. A teaspoonful or two of lime-water should be added in any case, to prevent curdling, and a tablespoonful, two tablespoonfuls, or more, may be needed when the milk is acid, or if the child throws up lumps of curd. Such a state of things may also require the milk to be further diluted than half and half, one-third milk to two-thirds water and lime water may then be needed. A little ordinary salt, just a few grains, may be added, and some sugar of milk, or ordinary powdered loaf sugar. Brown sugar is never to be given, and sugar of milk is

better than common white sugar, as it is less liable to ferment and cause acidity or diarrhœa. The food should be given at a warmth of about 98° Fahrenheit. The bottle should be scrupulously clean, thoroughly cleansed after each feeding, that no sour-milk coagulations may by any possibility get into the child's stomach. It is considered by Dr. Routh that the absence of phosphate of soda from cow's milk renders it less easily formed into an emulsion, and is, therefore, a reason why it often disagrees with young babies.

If cow's milk disagree, a small dose of pancreatic emulsion, from five to ten grains twice a day in a teaspoonful of sweetened water, or dill water, will often enable it to be retained and assimilated. This is a useful prescription in all varieties of hand-nursing; the above dose is for a baby under two months. I have repeatedly overcome obstinate sickness, disordered bowels, and other evidences of inability of the stomach to absorb and assimilate, by the use of pancreatic emulsion.

Ass's milk is often a valuable substitute for cow's milk. It is rather purgative in its action, but lime water will easily remedy this. Mr. Lobb advises the addition of a little cream to ass's

c

milk, to bring it as nearly as possible to the composition of human milk.

Goat's milk, despite its peculiar odor (dependent upon hircic acid), agrees well with many children. In Auckland, New Zealand, goats are most plentiful, and numbers of children are reared by their milk. I have seen many children, almost given over at one period of their infancy, who throve splendidly as soon as goat's milk was obtained, despite the moist heat and enervating character of the Auckland climate.

In Christ Church, New Zealand, goats are comparatively rare, but they are obtainable, and I often witness the good results of their milk. In Ireland, Switzerland, Italy, and many parts of the United States, goat's milk is largely employed. The animal is easily fed on grass, with some beet-root, a little hay, or trefoil, or a few carrots now and then. It is destructive, and a bad gardener, but hardy, easily milked, and deserving of a larger trial in England than has hitherto been accorded to it. It should be mentioned that goat's milk renders a child's evacuations very offensive.

Other forms of diet adapted for occasional use or at weaning, may next be mentioned: *e. g.*, the crumb of bread, boiled and sweetened, with a lit-

tle boiled milk added, is a good food; so are Robb's biscuits; so is baked flour, or baked flour and oatmeal (one part of oatmeal to two parts of flour), two tablespoonfuls with half a pint of milk, well boiled and sweetened, is a capital food. "Tops and Bottoms" are also excellent. Revalenta Arabica, or lentil food, is strongly recommended by Dr. Routh. Hard's Food, Neave's Food, Ridge's Food, Soojie, Wheat Phosphates, Tapioca and Semolina, Brown & Polson's Corn Flour, all have their advocates.

It is not at all easy to predicate which of these foods will prove most useful in individual cases. "Hard's" is apt to exercise a rather caustic effect, while "Neave's" is far less binding in its operation. I have found "Ridge's" very valuable in many cases, but equally unsuitable in others. Robinson's patent groats are often useful for a few days when much constipation exists, and they may be mixed in proportion of one-half or one-third part to either of the other foods, if desirable. Arrowroot made with new milk is a very nourishing food. Rice milk and rice jelly are especially useful when the bowels are disordered.

Dr. Routh says, regarding lentil powder, or Revalenta Arabica, that it has a slightly laxative

effect, and that the vomiting, frequently so troublesome an affection in the feeding of young infants, often disappears as if by magic, under its use. Further, that it is highly nitrogenous, and contains both phosphoric acid and chloride of potassium—matters of vast importance for the due nutrition of a young child—and all of which are more or less deficient in arrowroot, patent barley, and white bread.

Nestlé's Milk Food I have found valuable in many instances. I have known ladies earnestly recommend it to others from the benefit their own children have derived from its use. Nevertheless, it will not suit all cases.

Savory & Moore's Malt Food I have known to be useful in some cases. It is a sensible modification of Liebig's food for infants, and avoids the repeated efforts at cookery which that food, as originally recommended by Liebig, required.

Regarding the employment of condensed milk, Dr. Pavy, in a note on page 191 of his "Treatise on Food," refers to some remarks of correspondents of the *Lancet* of November, 1872, in which it is admitted that infants "readily take it, grow plump and appear to thrive," but that this is, in reality, a delusive appearance; that such children

really lack vigor, and fall an easy prey to diarrhoea and other affections. Dr. Pavy adds that the evidence adduced at present can be only looked upon as suggestive, but that the matter is important and waits further investigation, etc. My own experience is decidedly favorable to condensed milk. The "Anglo-Swiss" and the "Aylesbury" are the kinds to the value of which I can bear testimony. In the course of a long sea voyage, when a number of babies happened to be on board, and no cow, the value of the condensed milk became sufficiently apparent. Two very delicate infants simply lived upon it, the mothers having nothing for them. At the time the mothers' milk failed, these children looked half starved, but they were hearty enough after nearly three months of Swiss milk diet. Further, I have known in New Zealand many mothers obtain Swiss milk in preference to all other foods, and that when fresh milk was abundant enough.

Artificial food of whatever kind should not, as a rule, be required oftener than twice in the twenty-four hours, from the fourth to the seventh or eighth month, while suckling. Toward the ninth and tenth months, when weaning should be commenced (to be certainly completed within the

twelvemonth, if not sooner), more frequent meals of artificial food may be allowed.

It is certain that some children will digest and thrive upon varieties of food which are simply deleterious to others; the powers of digestion are remarkably stronger, and the explanation of this is, in my opinion, to be found in the varieties of diathesis, *i. e.*, hereditary and acquired constitution, or, if preferred, constitutional predisposition, which even thus early assert their presence and demand and require diligent attention. It is the children of the rickety and of the rheumatic diatheses that suffer most severely from dyspepsia and "weak stomachs." Tubercular children are far hardier in this respect, while the strumous occupy a median position. Therefore, by attention to the special diathesis of a given case, more valuable hints will be afforded in the pining and wasting which so often result, not merely from improper food being given, but also from the want of power to assimilate a *quantity* of food otherwise suitable enough in character. It is the children of gouty and rheumatic patients that suffer so often from acidity, whose milk is constantly returned in lumps of curd, or in whose motions such lumps are easily discoverable, and who require

most especially that their food should be alkalized by lime water, or some other suitable means, *e. g.*, a grain of carbonate of potash to about an ounce of food. The use of the farinacea must be always guarded under the age of three months. The deficiency of saliva before that time renders the proper digestion of starchy foods difficult, and if given in any quantity they are sure to disagree.

Dr. Gumprecht recommends carrot pap for young children. One ounce of finely scraped full-grown carrot should be mixed with two cupfuls of cold water and allowed to stand for twelve hours. The residue is to be pressed and the liquor strained off. The liquor thus obtained is to be mixed with powdered biscuit farina, to make a pap, and then placed over a slow fire—not allowed to boil, lest the albumen be coagulated. It may be sweetened with loaf sugar. This food is not suitable if there is any tendency to diarrhœa. Dr. Meigs, of Philadelphia, recommends a food thus prepared: a scruple of gelatine is soaked for a short time in cold water, and then boiled ten or fifteen minutes in half a pint of water till it is dissolved. To this is added, with constant stirring, and just at the termination of the boiling, the milk and arrowroot

(the latter being previously mixed into a paste with a little cold water). After the addition of the milk and arrowroot, and just before the removal from the fire, the cream is poured in and a little loaf sugar added. The proportion of milk, cream and arrowroot must depend on the age and digestive powers of the child. For a healthy infant within one month three to four ounces of milk, half an ounce to an ounce of cream, a teaspoonful of arrowroot, and half a pint of water. The quantity of both milk and cream should be increased as the child grows older.

Constant sickness is a common trouble of mothers during the first year; the cause is almost always injudicious feeding; very often the farina-cæa are to blame. When the child is emaciated, and the fontanelle depressed, there is nothing like keeping it to a healthy breast of milk, or failing that, to ass's milk, goat's milk, or cow's milk and lime water. The infant must be at the same time kept warm, especially the feet and stomach. The skin should be subjected from time to time to gentle friction, and the bowels kept open. A mixture of bismuth and soda, or some other prescription, which a medical man should be asked to prescribe, may now be useful.

If the mother cannot suckle, a *wet nurse* is the best substitute. If possible, she should be a healthy, married, young woman, without blotches or scars, especially on the neck, with regular teeth and clear complexion, whose child is about the age of the child she is to suckle, and whose child is itself healthy and free from sores, and redness about the anus. Her milk, of which a little should be examined in a glass, should be thin, bluish white, sweet, throwing up a clear cream on standing. The breasts should be of moderate size, equal, and firm (glandular, not adipose tissue being required); the nipple should also be of moderate size, well made, and prominent, that the child may easily seize it. A wet nurse must not be too highly fed; she should live regularly, simply, and quietly, and take daily exercise.

Among the wealthier classes there is no more common error than over-pampering a wet nurse; forgetting the hardships from which she has come, and among which she has thriven and kept her health, she is not allowed to do anything, eats constantly of the richest food, and then surprise is expressed that her milk does not appear to

agree with the child, and that the nurse looks poorly, and the like.

Woman's milk should have a specific gravity of 1032.67; its analysis, according to MM. Ver-
nois and Becquerel, is:—

Water	889.08
Sugar.....	43.64
Casein and extractive matters	39.24
Butter	26.66
Salts	1.38
Solid constituents.....	110.92
	1000.00

The amount of milk secreted per diem should be from thirty to forty fluid ounces. The milk of brunettes is richer in solid constituents than that of blondes, though the latter often secrete larger quantities.

COMPOSITION OF MILKS (VERNOIS AND BECQUEREL).

	Specific gravity.	1000 p'rts contain		Solid components consist of			
		Fluid.	Solid.	Sugar	Butter	Cas'in and extrac- tives.	Salts.
Woman	1032.67	889.08	110.92	43.64	26.66	39.24	1.38
Cow.....	1033.38	864.06	135.94	38.03	36.12	55.15	6.64
Ass.....	1034.57	890.12	109.88	50.46	18.53	35.65	5.24
Goat	1033.53	844.90	155.10	36.91	56.87	55.14	6.18
Ewe.....	1040.98	832.32	167.68	39.43	54.31	69.78	7.16

Weaning should be effected at from nine to twelve months, and it should be effected gradu-
ally; that is, artificial food should replace the
breast milk more and more frequently, until the

breast is only given at night, and at last not given at all. Any of the foods recommended on pages 35 and 36, are suitable; that which agrees best should be selected and kept to. It is not good to accomplish weaning when the child is ailing; a favorable opportunity must be sought, but it should always be accomplished by the end of the twelve-month.

Light is of immense importance in the development of infancy and childhood. In a remarkable paper read before the French Academy of Science, Dr. Dubrunfant points out the importance of different colored lights in animal and vegetable growths. The researches of Gratiolet, Cailletet, and others have demonstrated that the red rays of the spectrum are those to which the physiological functions exercised by the sun on plants are to be attributed. Green light, which the vegetable kingdom refuses, the animal requires. Red, the complement of green, is that which, owing to the blood, tinges the skin of the healthy human subject, just as the green of leaves is the complement of red they absorb. Hence, says Dr. Dubrunfant, red should be prescribed for our furniture, except curtains. He quotes the cases of four children who had become

chlorotic by living in the streets of Paris, who regained their health without other means than exposure to the influence of the solar rays on a sandy sea-coast. Whether we fully endorse all Dr. Dubrunfant's conclusions, or not, they may, at least, serve to remind us of the great importance of light as a preventive of, and remedial agent in, disease.

Dentition commences usually at the seventh month, but it may be deferred, especially in rickets, till the eighteenth month or second year. When a child is born with teeth they usually fall out. The temporary teeth (twenty in number) are generally cut in pairs. The following table indicates in *months* the usual times of their appearance:—

Molars. 24—12	Canine. 18	Incisors. 9 7 7 9	Canine. 18	Molars. 12—24
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The lower jaw usually is a little in advance of the upper. The permanent teeth (thirty-two in number) appear as under, in *years*:—

Molars. 25 13 6	Bicuspid. 10 9	Canine. 11	Incisors. 8 7 7 8
Canine. 11	Bicuspid. 9 10	Molars. 6 13 25	

At 2 years the child has altogether.....	16 teeth.
At 2½ “ “ “	20 “
At 6* “ “ “	48 “

During dentition the child's health requires unusual care; the bowels must be regulated, the diet strictly attended to, the gums lanced when they are hot and swollen, but not otherwise. The diarrhœa of teething is natural, and if in moderation should not be interfered with. A little castor oil is the remedy when this diarrhœa becomes griping, offensive or troublesome. Astringents do harm, nine times out of ten, in such cases.

The period of dentition is most frequently a trying one, even with children otherwise healthy; it is peculiarly so in a child the subject of any of the diathetic diseases. This is the time when ulcerated mouths, disorderd bowels, green stools, convulsions, and congestion of the brain are especially common. Paralysis, too, occurring suddenly, without warning, the child going to bed well, and after a “restless night,” the mother is alarmed to find in the morning one arm helpless, perhaps an arm and a leg; more rarely one arm and both legs, or both arms without the legs being at all affected. Generally this paralysis is

* At six, 20 deciduous and 28 permanent make 48.

temporary, lasting a few weeks only ; occasionally it lasts for months ; sometimes it is incurable. Dr. Fliess considers that the molar teeth are the usual promoters of dental paralysis, more rarely the incisors. It is generally recommended to lance the molars when about to protrude, with a crucial incision. This may be very advantageously done in many cases ; in strumous and rickety children it is of more doubtful efficacy, and may be followed by ulcerative stomatitis, and occasionally by a protracted oozing of blood from the cut surfaces very troublesome to control. Some pain and difficulty in passing water is also a common concomitant of dentition, permitting a free use of demulcent bland drinks, such as barley water ; and the use of citrate of potash, with a drop or two of Battley's solution of opium where there is much pain, form appropriate treatment. In convulsions during teething, hydrate of chloral in four-grain doses, for a child eight years old, is useful. The taste of hydrate of chloral is best disguised for children by a little tincture or orange peel and peppermint water, well sweetened. A medical man should be asked to prescribe, whenever practicable to obtain advice in such cases.

At the end of the first year it is time enough to

commence more solid and general diet, then bread and gravy, mashed potato and gravy, and by-and-by, as the child gets teeth, small pieces of meat cut fine, and mixed with potato and gravy, light puddings, and general diet, which will be found indicated in the diet table on pp. 48, 49.

Perhaps no better opportunity may occur for discussing a class of cases exceedingly common, and exceedingly distressing from the comparative failure of means, whether dietetic or medicinal, to do good. We in Christ Church, New Zealand, have just passed through a summer of unusual heat and dryness. Scarcely any rain has fallen for months, and the heat on many days has been extreme. The result has been, as might be anticipated, an unusual mortality among little children. Precisely similar cases occur in hot summers in England, and the sketch I am about to give will be readily recognized. A fine, healthy child, weighing, perhaps, nine to eleven pounds: the mother without milk, unable or unwilling to suckle. The bottle is tried—milk and water, and lime water and sugar of milk—a good nurse, all care in ventilation of rooms, fresh air, everything orthodox, and yet in a fortnight or a month it is suddenly found out, or it is suspected

DIET TABLE.

MEAL.	LOW.	ORDINARY.	Extra, comprising ordinary and some of the following in certain cases.
Breakfast, 8-9 o'clock.	Bread scalded with milk and water in equal proportions. Gruel. Arrowroot. Rice milk. Milk and lime water ($\frac{3}{4}$ - $\frac{1}{4}$). Pearl Barley boiled in milk.	Half a pint of hot new milk poured on a slice of bread, and some bread and butter to eat with it. A little <i>loaf</i> sugar may be added to the bread and milk. Bread and butter, weak <i>black</i> tea, or better, cocoa or chocolate with plenty of milk. Chocolate is very nutritious and wholesome, and children soon like it.	Yolk of new-laid egg beaten up in tea with a teaspoonful or two of cream. Lightly boiled new-laid egg. Iceland moss cocoa.
Dinner, 12-1 o'clock.	Bread and gruel. Light puddings, as sago, tapioca, semolina, bread, rice, tous les mois, corn flour, etc. Fish, as boiled sole, whitening. Boiled chicken. Weak veal tea. Weak chicken broth.	Bread, mashed potato, and gravy. Beef tea, veal tea, chicken broth, and mutton broth. Light puddings, rice, custard, vermicelli, sago, tapioca, corn flour, etc. <i>Fish</i> .—Turbot, soles, whiting, smelts, flounders, fresh cod, mullet, in all cases boiled rather than fried. <i>Meat</i> .—Roast mutton, boiled mutton, mutton chop, lamb, roast beef, chicken, pig-eon, rabbit, turkey. <i>Vegetables</i> .—Mashed potatoes, cauliflow-er, brocoli, spinach, turnips, parsnips, carrots, French beans, asparagus, sea kale, vegetable marrow, lettuce. <i>Fruit</i> .—Most wholesome when baked or stewed; perfectly <i>ripe</i> fruit is also wholesome in moderation.	Clear soups made from the lean of beef, veal, or mutton, and thickened with sago, vermicelli, macaroni, rice, pearl barley, or wholesome vegetables, and not highly seasoned. Jellies—calf's foot. Iceland and Irish moss. Liebig's extract of meat. Turtle soup; clear turtle is very digestible and highly nutritious. Raw meat, made by shredding mutton or beef quite free from fat, and pounding till it becomes a pulp; it should then be carefully strained, and about a teaspoonful given at a time. This is very valuable in protracted diarrhoea and in exhausting diseases; the quantity given may be increased if the stomach retains it well. It causes offensive evacuations.

D	Tea, 4 o'clock.	As breakfast.	As breakfast. If weak tea be taken in the morning, cocoa may be taken now, or <i>vice versa</i> .	<i>Beverage</i> .—Water, toast and water, sometimes milk and water.	Oysters, lamb's sweetbread, whitebait. Larks, pheasant, snipe. Stimulants, ordinary, sound hock or claret, bitter ale, stout; extraordinary, port wine, brandy, champagne.
	Supper, 6 o'clock.	Thin gruel. Milk and water. Arrowroot.	Gruel, rice pudding, corn flour, arrowroot, as puddings or blanc mange, with a piece of bread and cup of milk.	As breakfast. Light puddings. Beef tea. A little jelly or blanc mange, with bread and cup of milk.	Gelatine, isinglass, or suet tied in a muslin bag and boiled in milk, to be subsequently sweetened with white sugar. As breakfast.

Children's meals should be regular in time, and a child should be put to bed soon after its supper, the meal before bedtime is never to be a heavy meal.

TO BE AVOIDED.—All rich and highly seasoned soups. *Meats*.—Pork, veal, bacon, salt beef, duck, goose, sausages, liver, kidney, heart, tripe. *Fish*.—Crab, lobster, in fact, all shell-fish except oysters, and those only as occasional aliments in extra diet. Salmon, salt cod, eels, sprats, herrings, mackerel, etc. *Vegetables*.—Cucumbers, radishes, celery, onions, parsley, and flavoring herbs. Pickles, pastry, sweets, sauces, spices, nuts, cheese, sweet cakes, suet pudding.

The use of the farinacea is a matter requiring a little care. In some cases they are positively injurious—as, for instance, in some diseases of the stomach and intestines; in others, as in some of the diathetic diseases, they are beneficial when the child is able to digest them. When, therefore, the bowels are loose and slimy, or there is some vomiting and other signs of dyspepsia, the quantity of farinaceous food should be diminished until, as tone is restored to the stomach by appropriate remedies, it is enabled to digest them, when they will be found useful and nutritious.

In a general way, the simpler a child's diet is, whether it be well or ill, the better, but cases of dangerous and protracted illness, especially among the children of the rich, will often tax the ingenuity of the physician to permit variety without unwholesomeness, or to coax a pampered appetite without indiscretion. (*See* DIETARY.)

for a few days, that the little one *is not thriving*. That is the very earliest prodrome of the more marked symptoms which presently appear, and that is the golden time for successful treatment. Unfortunately, the common conclusion is that it is nothing—"will pass off." True, the child is often cross—peevish, all of a sudden, without any cause—but he is soon pleased again, and it must be nothing.

But in addition to not thriving and fits of irritability, the mother next notices that the flesh *is not so firm* as it was; the child is sick a time or two in the day; the bowels are a little loose, perhaps clayey, perhaps offensive; the sleep is not tranquil, but more or less disturbed, and the eyelids are a little open. These symptoms deepen in severity for a few days, and this is the silvern time for treatment; hope is not yet lost.

By imperceptible shades, or sometimes suddenly, the child is seen to be very ill. There is constant sickness; bad diarrhœa running through many varieties, now bilious, brown, lumpy, and now green and offensive; now watery and acrid, rapidly causing intertrigo (a sort of red gum) over the buttocks and round the anus; the child rejects food, will take nothing, cries at the spoon or bot-

tle—the cry is sometimes a wail, sometimes a moan. Emaciation rapidly sets in. The eye is bright, the cheeks are sunken, the fontanelle (the little diamond-shaped open space on the top of the head which beats, and which all mothers notice and wonder at) falls in, the mouth is drawn down and sore, and often cracked at the angles; aphthæ form on the roof of the mouth and tongue. The diarrhœa increases; then the appetite, or rather the thirst, becomes extreme; the child, from refusing everything, will swallow anything—the moment's coolness to the mouth is the cause—but the curds and undigested matter in the motions will correct our error, if we are fondly thinking this a good sign. Then comes the cry of the brain, the sudden shrill little cry, dying soon away, and utterly different from the moan and wail, and alas! more different still from the hearty, wholesome cry of a healthy baby. This is the leaden stage for treatment, and the end is usually not far away. And yet, provided that effusion has not occurred, or the mucous membrane of the alimentary canal has not been irrevocably damaged, so that assimilation cannot take place, even yet, at this eleventh hour, what may not be hoped for if the child can be put to a good healthy

breast of milk? Wonderful is it to see symptom after symptom disappear, the imminent danger changing in a few weeks to perfect and robust health.

Treatment.—It is evident from what has been said, that if the breast is so valuable, even in the eleventh hour of this condition of things (which constitutes a disease without a name, unless we call it mal-assimilation), in the earlier stages the good effects must be still more certain.

If a wet nurse cannot be got, and ass's and goat's milk are also unprocurable or do not succeed, what is to be done? I have supposed the child feeding on cow's milk and water, and lime water and sugar of milk. Remembering that the cow's milk is often acid in reaction, and the evacuations in these cases are extremely acid, the lime water may be increased—it is useful alike against the acidity and the diarrhœa; or the cow's milk may be changed to condensed milk, similarly given; or, if the milk is rejected, curdled (and there are curds in the motions), milk in any form must be given up. I have found chicken broth, barley water, and Russian isinglass, with, say two teaspoonfuls of old brandy, distributed in five-drop doses over the twenty-four hours, a useful

rest to the stomach for a few days. But even if these are assimilated the child will continue to waste, or at least will not thrive. An effort must be made to get back to milk. Here white wine whey often comes in well. A tablespoonful of excellent sherry should be added to four or five tablespoonfuls of boiling milk. Boil up for a moment or two after adding the sherry, let the curd subside, and pour gently off, or strain off; add a little sugar of milk, and the whey is ready. A wine-glassful of it may be given in the twenty-four hours, and it is often both well relished and agrees well. The brandy, of which children soon sicken, may be replaced in this way.

Of medicines I would recommend but few—chalk mixtures, and astringents generally, are hurtful rather than valuable. If the diarrhoea is very bad, a starch and opium enema may be resorted to.* A warm, bread poultice, just sprinkled over the surface with mustard, may be applied to the belly when pain is present. It is very soothing in effect. By the mouth I employ pancreatic emulsion in doses of from two grains upwards, and I often sweeten it with syrup of the hypo-

* Half an ounce of thin starch, to which two or three drops of laudanum have been added, is suitable for a child six months old.

phosphite of lime. This is a prescription rather of nutriment than of medicine. When restlessness and irritability are prominent features, and are clearly wearing the child, bromide of potassium, with or without a little chloral, has a good effect.* Small doses of Dover's powder for dysenteric diarrhœa complete what I think it needful to say about drugs.

With regard to other possible forms of diet in these cases, white of egg warmed, but not set, diluted with a little water and a little sugar of milk added, is useful in many instances. Yolk of eggs may be similarly treated and used. Raw beef juice, and finally, raw meat, are frequently of service. Directions for making raw meat juice will be found in the dietary. Dr. Routh states that he has squirted raw meat juice, a teaspoonful at a time, into the mouths of children too weak to suck, with the best results. In young infants the same writer records cutting long slips of raw beef and letting them be sucked till they are white. These are means which may be adopted in many desperate cases, life being thus supported until the power of assimilation is in some measure restored, and more normal diet can be safely returned to.

* See Prescriptions.

THE NURSERY.

The nursery should be a nice, lofty, well-ventilated room. In a large town it should be upstairs. Plenty of light and plenty of air are essentials of the day nursery. A fireplace with a high guard is indispensable. A thermometer should hang in the room. The atmosphere should not be too warm, or the children will more readily catch cold when they leave it. From 60° to 65° is fully warm enough—the lower temperature by preference. The walls should be cheerfully papered, and the paper may be varnished over to make a surface easily cleansed. Best of all is paint, as no infection particles can cling to it. Flock papers should be decidedly avoided. Dry rubbing is far preferable to frequent wetting of the nursery floor. There should be no carpets, fittings, or hangings that cannot readily be taken up or down, shaken, and cleansed. Kamptulicon is a good covering for the floor, and stands well the tramp of little feet. Nice pictures and good maps are suitable for nursery walls. What the child is always looking upon should be good. In these

days of cheap, good art, there should be no difficulty about decorating prettily the homestead—for what else is the nursery?—of the child. Maps are useful. It is wonderful how much geography is imbibed, without effort or forcing, merely by having good maps on the walls. Thorough cleanliness—immediate removal of excreta, stained sheets, etc.,—must be practiced in both day and night nurseries. The night nursery should allow of a space of eight feet square for each bed. Lamps are an abomination, and really dangerous in nurseries; especially kerosene, paraffin, or other highly inflammable oils. Candles or gas (the burner of which should secure thorough combustion) are best. If there be a ventilator in the ceiling, as is now so usual, gas is quite harmless, and its convenience is unspeakable. Lastly, the water supplied to the nursery must be pure—filter it through charcoal if there be the slightest doubt on the point—and it is almost needless to add that the drainage of the house should be in perfect order, closets properly working, sinks trapped, and the cause of all bad smells instantly investigated, if health is to be maintained in the nursery.

CLOTHING AND BATHING.

Bathing.—For the infant, the bath should be warm, about 97° Fahr. This will gradually be dropped, as the child gets a year old, to 85° or 80° Fahr. Two baths a day, the morning tepid, the evening warmer, should be given to young children. White curd and glycerine soap are most generally useful in the nursery. I have found Pears' Elder Flower Soap nice for children, and I most strongly recommend Pear's Fuller's Earth as far superior to the common kinds, being better levigated, without lumps, and altogether a very nice application for excoriations about the groin and anus. As a child gets older, the morning bath should be cold, or nearly so, except in winter, when a dash of warm may be added. A good rub afterward makes the skin glow, and is most healthy. Some children cannot stand cold baths, becoming blue and shivery after them. A little bay salt, or Tidman's Sea Salt in the water—better still, a bath of the real "brine"—is useful for delicate children. By commencing with these warm, they may often be got cold as the

child's health improves. Thorough cleanliness will keep away many an affection of the skin, besides promoting the general health and well-being of a child.

Clothing for infants should be essentially light and warm. The feet especially require to be kept warm. Fine India gauze flannel may be worn next the skin, instead of the usual shirts, if the child's chest be delicate. Flannels should be changed as frequently as linen, or the child will not be healthy. The clothes of an infant, and also of a child, should be loose, giving room for free play of the vital organs. Long clothes are customary, but ridiculous ; they keep the feet warm, which is about their only merit. A baby should be short-clothed in winter by the time it is three months old ; in summer in two months.

Regarding older children, allowance must be made for difference of climate and different seasons of the year. Flannel night-dresses are safe, looking to the constant habit of children of kicking off everything, and lying in their night-dresses exposed to any variations in temperature of the night. For the rest, let the clothing be clean, loose, light, and *warm* in winter, and clean, loose, light, and cool in summer, and reasonable

allowance for fashion may be indulged in. High dresses, up to the necks for delicate children, flannel next the skin, thick boots and shoes—lacing boots by preference, especially if the ankles are weak; the shoes and stockings always to be changed if damp; a large sun-shading hat for sun and summer. Broad elastic suspended from the bands, to button over on the stockings, are better than garters. Stays are an abomination for young girls.

During the earlier years of life, the mistake is usually to dress a child not warmly enough. Plenty of warmth will prevent risk of cold, and insure plenty of life. At the same time, coddling is dangerous and foolish. The clothing is to be light and warm, protecting especially the lungs, the abdomen and the feet.

EXERCISE AND SLEEP.

1. *Exercise*.—A child can rarely sit up, that is, support the back in an upright position, before the fourth or fifth month. Till then the back requires careful support by the nurse during walking or nursing. With this proviso, a baby should be sent out every fine day, except in peculiarly bleak easterly winds, or when the weather is very damp and cold, though not actually raining. Fresh air and passive exercise of this kind are most important to the health and well-being of young children, but the babe should also be allowed to lie on a rug on the floor, or on a bed, and kick. Let it have all loose, its napkins removed, and let it kick and laugh for half an hour at a time. The movement, the free play of the muscles, the thorough enjoyment, are all evidence of the good the child obtains. This exercise is far better than tossing a child to the ceiling, or handling it roughly in any way. A go-cart and baby-jumper have their uses in many cases where children are slow to “feel their feet,” or where it is desirable to have exercise without weight upon the ankles.

When the child crawls about it will soon walk, and may be left to its own time, helping itself by chairs and other pieces of furniture, till at last the proud day comes when it can run alone.

For older children, besides the daily walk, plenty of romping and running are essential to thorough vigor of constitution ; games in the open air, by all means—riding, cricket, swimming, lawn tennis, the hoop, the battledore and shuttlecock, etc., etc. ; and when open-air exercise cannot be taken, a large hall or room must be resorted to, and play resumed there. Even in the terribly severe and fickle climate of the north of England, it is striking to observe how healthy are many of the little “gamins,” whose parentage is presumably indifferent, from a physical point of view (I am thinking of the great manufacturing towns), whose means of existence are precarious, whose vitality has no dainty food and warm fires to support it, but on whom Dame Nature lavishly bestows physical well-being. Look at the peasant girl of the Killarney mountains, of many a Welsh district, of the Highlands of Scotland ; where, in modern drawing rooms, can you find figures so lithe and elastic, activity so graceful, health so pure and clear and good ? Let young children

have an abundance of fresh air and exercise. Keep back lessons of any kind till four or five years old, and lessons of any regular "lessony" kind for two or three years after that, and you will have a good foundation whereon to build the fabric of a well-taught, healthy, happy, human soul. I think the grand mistake of this present time, regarding children, is over-forcing them. They used to say that

"Every mother thought her booby best,"

but, positively, every child that is born now-a-days is expected to prove a prodigy. His powers are over-taxed, his brain artificially heated, like an exotic; he must fight his way; he must push on first; it is the great struggle for existence, commencing at the very cradle, and ends, indeed, in the non-survival of the fittest, but with the non-survival of many who might, had their parents permitted them, have enjoyed happy, useful lives, if not in the very forefront of all the knowledge of the times, at least in the quieter retreats of domestic happiness and in a small sphere well filled.

2. *Sleep*.—The younger the child the more sleep it requires. A young baby feeds and sleeps,

and feeds and sleeps again. Up to the age of three or four years a child should have a morning siesta—say from about 10.30 A.M. till 12 or 12.30. Children under five should be in bed by six o'clock; after that, as years increase, till seven or eight o'clock may be permitted. Plenty of sleep for a young life. Let the rising be early, and let there be a run or walk before breakfast; but for children

“Early to bed and early to rise”

admits of no exception.

If a child does not sleep well, let the first care be to see that it is warm enough; a child will never sleep when too cold. Sometimes, with very young children, a warm bath at bedtime insures sleep, or a little dill water, dispelling flatulence, will secure it.

Want of sleep means something wrong in the general health, and opiates, “cordials,” “mothers’ friends,” “mothers’ comforts” are to be rejected as poisons. NEVER—no, not even “hardly ever” *—give a child quack medicines. See the composition of some at the end of the book. A respectable medical man is the cheap-

* May this reference to “Pinafore” be permitted, seeing we are in the Nursery?

est as well as the best remedy you can employ ; and if people in general had but the sense to understand that, there would be an end of “carminatives” and “cordials,” and similar dangerous quack dosings. Those who never had any of such abominations in their nurseries are the best and healthiest “children of larger growth.” “Mothers’ comforts” mean mothers’ idleness and nurses’ laziness, and the stinginess which will sooner drug a sick child with opium, under any plausible name, than pay five or ten shillings for good advice as to what is really amiss. I am not afraid to say that many parents who would not like the name of infanticides deserve the name, for quackery of all kinds is readily practiced on children that adults would never tolerate for others or submit to in themselves. If a child has plenty of exercise, wholesome food, and is sent, with a kiss, happy to bed, it will usually sleep sound enough, and if not, a medical man should be consulted.

SIGNS OF DISEASE.

The importance of this chapter must be my excuse, if I am tempted now and again to say the same thing twice. I am anxious that every mother shall have a clear idea as to whether her child is really ill or not, and if she has a moment's doubt, let her be on the safe side and send for her medical man, for in children's diseases it is most especially true, "delays are dangerous."

Let a mother remember that the doctor has but the dumb little sufferer, unable to tell him anything that it is experiencing, or has felt or gone through, and the result of her own intelligent, careful, *inexaggerated* observance to guide him in his difficult task. *Exactness* is of incalculable value here. A nurse will say, "Oh, sir, he has been in fits all day," or, "he has kept nothing down"—"he won't eat anything," when the real truth may be that the child has had one attack of convulsions, and has since suffered from little tremors and twitchings; that, instead of keeping nothing down and eating nothing, he

has kept down a most surprising amount of solid and fluid, but has happened to throw up just what the nurse wished him to keep down, or thought best for him, and the rest becomes nothing in her eyes. Be careful the doctor has the truth, the whole truth, and nothing but the truth to guide him. Be careful to keep all excretions, as motions, vomited matter, and the like, for the doctor to see.

The following groups of symptoms require the prompt attendance of a medical man :—

1. A little poorliness, deepening, perhaps, towards evening, to feverishness, with shivering.
2. Poorliness, feverishness, and hoarseness.
3. Poorliness, drowsiness, stupor.
4. Poorliness, feverishness, vomiting.
5. Headache, pains, disinclination to be touched, vomiting.
6. Diarrhœa and vomiting in young infants.

Now, there are certain signs and indications of disease which it is of much importance that a mother should recognize. I shall endeavor to make these as simple and plain as possible.

The Expression of Countenance.—This is very characteristic and remarkable in sick children. Mere redness and flushing indicates a febrile

state; a deeper redness with alternative pallor and knitted brow means brain trouble of some kind. If squinting be superadded, or the pupils of the eyes are unequal in size, and especially if insensible to light (not shrinking before a lighted candle, *e.g.*), convulsions may be looked for at any moment, and whether convulsions occur or not, brain mischief is imminent, or has actually commenced. A mother should note if her child's head becomes larger in proportion to the face, with protuberant forehead and sunken eyes. Here, water on the brain is to be feared.

There is the over-bright eye, with too clear a complexion, long, fine hair, distinct veins, oval face, and early intelligence, which characterize tuberculous, or disposition to consumption.

There is the thick and muddy-looking skin, thick upper lip, wide nostrils, thickened at the sides or "wings," the ready enlargement of glands of the neck behind the ear, or anywhere, and the backward temperament of scrofula.

There is the profuse perspiration of the head, the kicking off of the clothes at night, the general tenderness of the whole body, the child disliking to be touched, the old, careworn look, bending bones with large ends, backwardness

in cutting teeth and walking, which indicate rickets.

There is the "snuffling," flabby muscle, brown, cracked, rough, unwholesome-looking skin, with "spots" and "lumps" about the fundament, the hair often falling off from eye-lashes or eyebrows, the corners of the mouth and nose ulcerated, sundry breakings out of a coppery color, etc., which indicate a yet severer constitutional complaint, which, like the others mentioned, requires the early and careful attention of a skillful medical man.

To see these things, to be able to recognize their import, would enable many a mother to save the life of her child, instead of thinking "it is nothing," or "it will pass," until, instead of the disease, the child passes away.

An extremely contracted pupil, with a brilliant look of the eye, indicates an overdose of opium, no uncommon condition for a child whose mother administers "soothing syrups," "cordials," and the like.

On the other hand, tears, full, swollen eyes, and redness, may mean a bad influenza cold, or be an indication of coming measles; similar symptoms, with much nervous excitability, vomit-

ing, and a little cough, are the forerunners of hooping-cough.

A dark, "brick-red" flush, with swollen features, rapid breathing and working of the nostrils, indicate inflammation of the lungs. Lividity of the lips and general duskiness of the face are present in diseases causing urgent difficulty of breathing.

In diseases of the abdomen, on the other hand, there is a well-marked fretful look, with pinched nose, sunken eyes, and dark rings round the mouth and under the eyes.

To Summarize.—The *upper* portion of the face is affected chiefly in diseases of the brain, causing knitted brow, contracted forehead, rolling, fixed, or purposeless eyes.

The *middle* portions of the face are changed in heart and lung affections: the nostrils are sharp or distended, or working, and there is a bluish circle round the mouth, and dark rings under the eyes.

The *lower* portion of the face suffers most in abdominal troubles; the cheeks are pale, sunken, puckered, the mouth drawn, the lips livid or pale. This condition Sir W. Jenner has described as a Voltaire-like look.

Gestures and Comportment.—Listlessness is an early sign in the demeanor of a sick child. Indisposition to move, downright languor. “He cannot hold his head up,” is a significant phrase.

During acute pain a child keeps wonderfully still, dreading to move, as the case may be, either the entire body, or the affected limb which causes the pain.

An infant with abdominal pain draws its little feet up to its stomach. A child with pain or irritation in the brain puts its hand to its head, pulls at its hair or any covering that may be on the head, beats the air uncertainly, rolls the back of the head to and fro on the pillow. In bad abdominal disease—*tabes mesenterica*, for example—the legs are drawn up, the face is anxious and sunken, and the child picks at the bed-clothes. In urgent difficulty of breathing, it tears at its throat, puts its hand in its mouth, especially when false membranes are forming, or the tongue is much furred and cracked.

Sleep of disturbed character, with grinding of the teeth, and by day picking of the nose, are characteristic signs of worms. Disturbed sleep, with so-called “sardonic smile,” may mean only wind and flatulence, but if in addition the thumbs

are turned in on the palm, and the toes are also rigid and a little inverted, an attack of convulsions is likely to be imminent.

The child sits upright, in urgent difficulty of breathing, squeezing its hands against its throat ; it lies on one side, the legs strongly bent, and the arms drawn close to or over the chest in the later stages of tubercular meningitis, and some other brain affections.

The Cry.—It is labored, as if half suffocated, or better, as if a door were shut between the child and the hearer, in inflammation of the lungs and capillary bronchitis. It is hoarse in croup, brassy and metallic, with crowing inspirations. In brain disease, especially hydrocephalus, it is sharp, shrill, and solitary, not easily to be forgotten when once heard, whereas in marasmus and tubercular peritonitis it is moaning and wailing. Obstinate and long-continued crying, lasting for hours, is referable usually either to hunger or ear-ache. A moderate and rather peevish cry, attendant on suppressed cough, dry and low in character, is indicative of pneumonia.

A louder, shriller cry, also during coughing, or produced by movement, is pleuritic. A cry, ac-

accompanied by wriggling and writhing, and preceding defecation, is intestinal.

Moaning is especially characteristic of disease of the alimentary canal.

Children shed no tears before the third or fourth month, and the saliva appears about the third month. In children from two to seven years shedding tears is a favorable sign ; the absence of them is the reverse. Mrs. E. B. Browning, with the true instincts of a woman and a poetess, exquisitely expressed this:—

“Tears, what are tears? The babe weeps in its cot,
The mother singing.”

The Pulse is not an indication by which a mother can learn much in infants; the different qualities of the pulse are scarcely recognizable. There may be great variations in the number of beats consistently with health—there may be even irregularity consistently with health. The pulse is some fifteen or twenty beats slower during sleep, and also more regular ; but sudden awakening, or any agitation, will often send the pulse up thirty and forty beats in the minute.

Respiration.—The respiration in early infancy is irregular, like the pulse ; the average of thirty-

nine or forty breathings per minute may become seventy or eighty under any sudden excitement. During sleep, respiration is more tranquil and regular. In disease of the throat there is noisy breathing; in bronchial and pneumonic attacks there is hurried, gasping, even panting breathing; during acute pain, whether in the pleura or abdomen, the breathing is "caught," stopped short by the pain, jerky and restrained in character. Sighing breathing occurs sometimes in cerebral disease.

Temperature.—A doctor would be often glad if a mother would register the temperature of her child for him at certain hours of the day. It is easily done; a thermometer proper for the purpose (called a clinical thermometer) is put under the armpit and left there for four or five minutes; children soon allow it to be done when they find that it does not hurt. The index of the instrument marks the degrees. In health it should be about 99° Fahr.; any rise over 100° means feverishness. A rise to 103° or 104° indicates fever or inflammation; a further rise to 106° or 107° indicates a very serious and even dangerous state of things. Nothing can be simpler than thermometer observations, and being absolutely accurate, are most valuable to the physician. It is surpris-

ing how the hand deceives; we think a child burning when the thermometer assures us the blood heat is not really very high; we think the heat of the skin ordinary when the index shows perhaps 105° . Looking to the uncertain indications of the pulse and respiration in children, the thermometer becomes the more valuable. The special indications afforded are not suitable for a work like this. I name the matter to aid the mother to take an intelligent interest in what her medical man is doing.

Shivering does not occur in very young children; in fact, in young children convulsions and delirium correspond in some measure to "rigors" and headache in the adult.

The Mouth, Breath, and Skin.—The mouth should be moist, cool, pale; the breath sweet; the skin firm, smooth, elastic to the touch, the surface mottled, the arms and legs moving freely.

Fever, dysenteric diarrhœa, and ulcerated mouth, cause heat and dryness of the mouth, cracked lips, and hot, sour breath.

Aphthæ, or thrush, is common in infants, from improper feeding, and gastric and intestinal irritation. In a low "typhoid" state, thrush is often significant of the end being at hand.

Flabby skin and flesh mean that the child is not thriving; a hot, dry skin is present in all inflammatory and febrile attacks; a clammy skin indicates collapse and weakness. Spots on the skin are most characteristic of certain diseases, as the lake-colored, horseshoe shape blotches of measles; the flush, like a scald from boiling water, of scarlatina; the vesicle of smallpox, and the like. There is the mud-colored skin of chronic diarrhœa, a leaden hue, very remarkable when once seen; the yellow color of jaundice, the blue of cyanosis, and the purplish tinge of impending suffocation.

The Tongue.—The following are the chief indications derivable from observations of the tongue:—

1. A furred tongue, with whitish curd scattered over it, indicates dyspepsia and intestinal irritation,

2. A red, dry, hot tongue points to inflammation of the mouth, stomach, etc.

3. Aphthæ, or thrush, when not an affection of infancy, is often associated with extreme exhaustion, lowness, and typhoidal condition.

4. A pale, flabby tongue, marked at the edges with the teeth, shows great debility.

5. White fur is generally indicative of fever.
6. Yellow fur indicates disorder of the liver and stomach, and other intestinal affections.
7. Brown fur is indicative of a low typhoidal state.
8. A red, glazed tongue and a "raw beef" tongue indicate disordered state of the mucous membrane of the stomach.
9. The so-called "strawberry tongue" is produced when the white fur begins to clear off after the third day or so of scarlatina, and leaves the tongue deep red, broad, smoother looking, and dotted over with elevated papillæ, not unlike a strawberry in appearance.

Vomiting and Evacuations.—The vomiting of young infants is often simply from repletion; they suck in more than the stomach can deal with. But constant vomiting is a very serious matter, and may mean disease of the brain, besides being referable to disordered stomach, dyspepsia, intestinal irritation, and other causes. When indicative of disease of the brain, it is generally a very early symptom, and comes on independently of any food being taken; it is, in fact, persistent and apparently causeless. This

in a child of three or four years is a most serious sign, and requires prompt medical aid.

Vomiting is often an early precursor of one of the febrile affections of children, as measles or scarlatina; also of acute inflammations. Hooping-cough is generally accompanied with vomiting at the close of the paroxysms.

Evacuations.—The healthy motion of an infant varies in color from a light orange yellow to a greenish yellow—from yolk of egg color to that of a mess of mustard. The reaction is always acid. The smell should never be offensive, but resembling that of sour milk. The consistence may vary considerably within healthy limits. The first motions of an infant are black and viscid. The frequency of the infantile motions varies from two to four daily—and all through childhood the bowels are rather oftener relieved than in adult life. Constipation is rare; diarrhœa is common. Motions containing a slimy, mucus-like jelly indicate the presence of worms. Offensive, acid, pale green motions indicate disordered stomach. Dark green evacuations indicate stomach disease of more serious character (calomel will, however, cause green motions, likened by writers to chopped spinach). Fœtid, dark brown

motions are present in chronic diarrhœa. Putty-like, pasty motions are due to acidity curdling the milk, and to sluggishness of the liver—the bile secreted being deficient in quantity.

The urine in infants is, of course, voided in the napkins; when these are pungent and the stain is dark, the urine is acrid and will easily inflame and irritate the surrounding parts in contact with it. Sponging with plenty of warm water, careful drying, and dusting with Pears' Fuller's Earth, or a little finely powdered arrow-root, will be necessary. The urine is often white and milky-looking when worms are present.

FINALLY, THERE ARE A FEW GENERAL POINTS WORTH CAREFULLY TESTING AND REMEMBERING, WHICH MAY BE CONVENIENTLY SUMMARIZED HERE:—

1. In early childhood there is no relation between the intensity of the symptoms and the material lesion. The most intense fever, with restlessness, cries, and spasmodic movements, may disappear in twenty-four hours without leaving any traces.

2. Abundant perspiration is not observed in very young children; it is entirely replaced by moisture.

3. Fever always presents considerable remissions in the acute diseases of young children.

4. In the chronic diseases of infancy, fever is almost always intermittent.

5. When children are asleep, their pulse diminishes from fifteen to twenty pulsations. The muscular movements which accompany cough, crying, agitation, etc., raise the pulse fifteen, thirty, or even forty pulsations.

6. The diseases of youth always accelerate the process of growth.

A child grows most rapidly in the first weeks of life, *e.g.*, in the first year it should grow from 6 to 7 inches. From the 4th to the 16th year, about 2 inches yearly; from the 16th to the 17th year, $1\frac{1}{2}$ inches; from the 17th to the 20th year, 1 inch. Disease of the bones, rickets and scrofula, retard growth.

A child should run alone at the end of a twelvemonth, and if when it has commenced to walk it uses chiefly its toes, and has a limping gait, more especially if pain be complained of in one knee, and tenderness be caused by handling the limb, incipient hip-joint disease may be inferred.

I need not say that such an indication requires prompt medical advice.

SEEKING MEDICAL ADVICE.

I am no advocate whatever of a mother endeavoring to treat serious ailments in a sick child. The quantity of quackery which children have to submit to on the advice of friends and neighbors is appalling to contemplate. Every woman who has borne a child (and a great many who have not even done that) seems to think that she is perfectly capable of advising in any and all illnesses of children. But the fact is that children's diseases are particularly difficult to understand and treat wisely, as the most experienced doctors readily admit. One object of this book is to instruct a mother in the *indications of disease*, for the want of which knowledge she frequently fails to consult a doctor, or if she does so, consults him too late. *A few hours in the diseases of children* make all the difference between hopeful and hopeless. Doctors are constantly vexed at finding themselves called, perhaps, three or four days or a week after the child has been taken ill, the mother having given old wives' remedies, and thinking it would get better every day, when, in

reality, the golden moments wherein it might have been made better have fled by forever. Such cases are cases of ignorance sometimes; but with proper knowledge, such as every mother should possess, they could only occur through culpable negligence. Let me put together a few short aphorisms about seeking medical advice.

1. It is better to call a medical man unnecessarily and keep your child, than to call him too late and lose it. It is better to be sure than sorry.

2. Having called your medical man, give him your implicit confidence, accurately obey his directions, and assist him in his endeavors.

3. On no account suffer friends to advise you in serious illness; their suggestions will only worry and unsettle your mind, making you think this or that might be done. When suggestions are offered, say quietly that your doctor has charge of the case and you would prefer to leave all to him. Refuse to see persons likely to worry with advice. Never be base enough to be giving friends' remedies behind your doctor's back, thinking they "can do no harm."

Supposing a passenger in a Cunard steamer weathering through an Atlantic storm should advise the captain, or should try to frustrate the

captain's orders in some secret manner, by tampering with the helmsman, for instance—you see the absurdity of that ; it is equally dangerous and absurd to suffer any outsider to interfere with the man you have made the captain to steer your child through its illness.

The doctor, more than any other professional man, perhaps, has reason to say, in Tennyson's words:—

“O trust me not at all, or all in all.”

I wish that the importance of this advice might be felt wherever the English language is spoken, so that the sick chamber might be forever cleared of the harriers who make it their hunting ground, with every manner of suggestion of “fresh diet,” “other medicines,” “my medical man,” “change of air,” and “if I were you I would do this, that, and the other,” sowing, broadcast, doubt, discord, and distrust, without one atom of corresponding benefit to any party concerned. This is nothing new. Back in Elizabethan times, Beaumont and Fletcher, in their play of the “Knight of the Burning Pestle,” put in the mouth of a character called “The Wife” these words:—

“Faith, the child hath a sweet breath, George, but I think it be troubled with the worms. Carduus Benedictus and mare’s milk (mark the antiquity of Koumiss) *were the only thing in the world for it.*”

Be as particular as you please in choosing your doctor, but having chosen him let him have the unvexed, uncontrolled, unconditional care of the little sufferer, and let the meddlesome and often cruel suggestions of visitors and acquaintances find no echo in the sick chamber, even if for politeness’ sake they must be tolerated in the drawing room.

4. Do not lightly and on frivolous pretèxts change your medical man. There is a tendency, I fear, particularly in the colonies, to much inconstancy in this matter. I have known ladies have a fresh doctor at every confinement. This is a great pity and it is a great mistake. That feeling, so strong in the old country, between the family and the family doctor, can never spring up in such circumstances, and families lose the benefit of that almost intuitive knowledge which the old and trusted adviser has of the constitutions he is so familiar with. A medical man should be a trusted friend, for which reason—

5. Never suffer your nurse to threaten a child with the doctor, making a kind of bogie-police-man of him. If ever your child has serious illness you will see the advantage of his regarding the doctor as his friend, and not as his enemy. It may make the difference between life and death to him, for the doctor's efforts will be thwarted if he cannot gain some help and confidence from the little sufferer. I have known children scream themselves almost to fits during the whole period of a visit, from sheer terror implanted by foolish nurses.

6. Sickness brings out amazingly the wisdom or folly with which the mother has trained her little ones. It is a positive pleasure to attend some children, and an equal pain to witness the results of pampering, spoiling, and every manner of bad training in others.

7. I recommend the mother, in every case of serious illness, to supervise the nurse herself, to see the instructions carried out, to be present herself during the doctor's visit, to have ready any little matter upon which she wishes information.

8. Illness among children requires unusual tact, firmness, kindness, and forbearance; with these, there are few difficulties that cannot be success-

fully surmounted; without them the battle is well nigh hopeless from the first.

9. Lastly, let me advise a mother on no account to take her child "to the chemist," as is so often done, or to advertising, puffing, "cheap" practitioners. "Cheap and nasty" is a good proverb to remember, and let a mother be very sure of this, that a few shillings given for good advice is infinitely cheaper than what often turns out to be a great many more shillings given for very ignorant advice, and where medicine is crammed in to make something to charge for. If we did not see that these advertising, self-dubbed "cheap" practitioners contrive to impose on many, there would be no need to mention this matter. Such men are the disgrace and dishonor of a noble profession, and as the public becomes more enlightened their practices will be less profitable.

ACCIDENTS AND INJURIES.

In the following chapter I intend to present what I have to say in a very concise, but, I trust, also clear form. I shall have very little to say regarding diagnosis or distinctions of disease ; the spectacle of a mother with a book in hand, turning up special groups of symptoms, and trying to find out what is the matter, is one I have witnessed, but it is not edifying. I have endeavored fully to describe symptoms which indicate departure from health. Let a mother, finding these in her child, obtain medical advice. For those, I believe, comparatively rare cases, even in colonies, where medical advice is not quickly obtainable, the following chapters are added. Brevity and facility of reference are here clearly the main objects ; the point is what to do at the moment, till help shall be obtained. At the end I have given a list of simple remedies that no comparatively lonely household should be without.

Bruises.—If practicable, *raise* the bruised part (that the blood may be less powerfully driven to it). *Keep it cool*, by ice, if you can get it, if not,

by a spirit lotion. Tincture of arnica, half an ounce to half a pint, or brandy and water, or Goulard water, on rags, changed often. *Keep it at rest.*

A very bad bruise is best treated by applying cotton wool or lint soaked in salad oil till your doctor arrives.

Wounds.—Stop the bleeding by a stream of cold water (if ice be not handy), by a raised position, by pressure with a pad of dry rag clapped on the bleeding surface and bound tightly against it. If needed this pad may be soaked in solution of perchloride of iron or styptic colloid, and bound as before. If an artery is cut there will be a spouting jet of bright red blood. The mother's finger is here the remedy; let her boldly press it home against the jet, as she would against a tap, and, changing a finger now and then, hold on till the doctor comes. If this cannot be done, tie a strong bandage round the limb above the bleeding point, and tighten it up till the bleeding ceases.

When the bleeding is stopped wash the wound (if that be not already done) clean of sand, dirt, clots and *all* foreign matters. When bleeding is stopped a sponge and lukewarm water will do this best.

When the wound is washed bring the edges together with strips of plaster. Isinglass plaster is the best; diachylon or soap plaster will do well. A pad of dry rag is useful over the plaster, above the cut, and a bit of bandage over all.

It is a very good plan to cover a common cut with collodion; two or three coatings are necessary; it excludes air and aids healing.

Also lint saturated with Friar's balsam is a useful dressing for many crushed and torn wounds.

In a very desperate case of bleeding, no help being near, heat the poker or any iron to a *dull red heat* and scar the parts. This will stop almost any hemorrhage, and is not so painful as might be imagined.

Burns and Scalds.—These are such common accidents as to need rather full treatment.

A burn is dangerous rather in proportion to the *extent* of surface injured than the depth. Extensive burns are very serious in children, especially burns on the trunk. After a burn there is always *great pain* and *great nervous depression* or collapse. If no pain is felt and the child lies in stupor the case is almost hopeless. Secondary inflammation may follow on a burn, attacking the lungs, brain

or abdomen. Sometimes an ulcer perforates what is called the duodenum (a part of the bowel) as late as the second week after the burn. Danger is due, in the first few days, to collapse, during the sympathetic fever of reaction with inflammations inwardly, and during the suppurating stage from the quantity of matter formed and the debilitating effects. The ninth day is regarded as a fatal day for burns.

The clothes must be carefully cut and removed, the skin (cuticle) as carefully preserved. For slight cases, water dressing, lead lotion, dredging over with flower, or applying carron oil (equal parts of linseed oil and lime water) will do well. Excluding the air is the first principle.

For worse burns the blisters may be pricked, the contents let out and the skin pressed gently down to help form a covering. Then the badly burnt parts should be rapidly bathed with warm turpentine, and then flour should be dredged thickly and evenly over the whole. Friar's balsam will do instead of turpentine, if not at hand, and some surgeons prefer carron oil dressing to the flour. What is quickest obtained is best. If you have cotton wool spread some freely over all. At the same time some hot brandy and water

should be given, hot bottles got ready and plenty of warm blankets to wrap the little sufferer in. All these matters want to be *rapidly* attended to. Exposure means danger. Rally the child first with warmth and brandy and water, and then dress the burn quickly, and give the child beef tea and a little more hot brandy and water. After the dressing is complete it must be left alone; interference would only admit air and do harm. Do not fail to procure a medical man as soon as possible. The subsequent dressings are quite beyond a mother's province, and the means taken to avoid contractions, those terrible disfigurements which follow burns, are equally so; also the treatment of the complications that may arise. If the doctor cannot arrive the same night the burn has occurred, and the child be in great pain, five drops of Battley's solution of opium may be given to a child three years old at bedtime, and repeated once, if needed, in the night; or I prefer ten grains of chloral hydrate at bedtime.

Scalds from water are usually less severe accidents than burns, but from chemical liquids may be as bad or worse.

Children sometimes swallow boiling water

sucked from a kettle or teapot. All a mother can do is to place the child in a warm bed, apply a hot sponge to its throat, and by means of a paper twisted funnel-shaped round the spout of a kettle containing boiling water (not enough to cover where the spout is attached or no steam will go along the spout), let steam freely into the room near the child's bed; the kettle may be over a gas lamp or on the fire, as convenient; the paper funnel will disperse the steam towards the child so that it is inhaled. If spasm of the larynx comes on the child may die very quickly. Send at once, when such an accident happens, for your doctor. Do as above while he is coming. He will decide if it be necessary to perform an operation (opening the windpipe) to save the child's life, if possible. Many of these cases do well and no spasm supervenes; but mild ones to all appearance may suddenly develop dangerous symptoms; therefore act promptly.

Broken Limbs.—Do not handle the parts unnecessarily, or permit others to do so. A mattress on a shutter makes the readiest means of conveyance to home or hospital, as the case may be. Pillows may be used to make the part injured comfortable to the patient. In fractures of

the leg it is useful to secure the injured limb to the sound one by means of two or three handkerchiefs. This prevents twitchings of the limb from spasmodic action of the muscles, and is often a great comfort to the sufferer.

Sprains.—Pain of a sickening character, followed rapidly by swelling and inflammation of the part. A bad sprain is worse than a simple fracture. Sprains are specially dangerous to strumous children, and may give rise to disease of the joint.

Rest is the first point in the treatment of a sprain. A splint is useful sometimes to insure rest; cold lotions or warm fomentations, “according to the comfort cold or warmth affords.” (Bryant.) Sometimes leeches are necessary. These and many other measures require a medical man to decide upon.

Simple stimulating embrocations—hartshorn and oil, compound camphor liniment, and especially oleate of mercury—are useful in the chronic condition left after sprains. For mere weakness of the joint, a good bandage or strapping around the part, to give support, is useful.

Foreign Bodies.—I. *Swallowed.*—If the substance can be seen in the throat on opening the

mouth, remove it. Feel with the finger down the throat, if it be a fish bone, and if felt, tweezers will remove it. Making the child vomit may be tried when the substance is just swallowed, and is smooth and round. But it is usually safer and better to let it pass on to the bowels. Give suet pudding and farinaceous food, to help to form a concretion mass around it, and if in a day or so it is not passed naturally, a dose of castor oil will probably remove it.

2. *In the Windpipe.*—This is something “going the wrong way,” and attended by imminent suffocation. Excite vomiting, turn the child upside down, and slap its back. Get your doctor as quickly as possible, and let him know what has happened, that he may bring instruments with him.

3. *In the Nose.*—A child will sometimes push something up the nose and say nothing about it. Its breathing becomes “stuffy,” and there is discharge from a swelling of *one nostril only*. A surgeon should always be asked to remove substances from the nostril.

4. *In the Ear.*—Syringing with a douche syringe, with warm water, may be tried along the roof or floor of the meatus of the ear. Amateur

tweezer efforts are not permissible among the delicate parts of the ear.

In the Eye.—Particles of grit, cinder, a small insect, a hair, or other substance must be searched for. The lower lid is easily everted and its contents seen. The upper requires turning back over a knitting needle, when a spill of soft paper, a corner of a silk handkerchief, or other means, will remove the object when detected. Afterwards, a drop of castor oil is a soothing application.

For a morsel of quicklime remove what is readily removable, and bathe the eye for ten minutes or more with vinegar and water (one part vinegar to three or four parts water), or lemon juice in water will answer the purpose of neutralizing the dangerous effects of the alkali. A drop of castor oil is useful in this case also. But, after lime in the eye, a doctor should always be sent for; inflammation and loss of sight not unfrequently follow any neglect in this accident.

Stings and Bites.—In stings, ammonia or soda are useful to neutralize the formic acid, the active principle of the poison in wasps, spiders, etc. The stings should be removed with a fine pair of forceps, if they can be detected. Hartshorn and

oil, and compound camphor liniment are good after-applications.

A sting in the throat is dangerous, from swelling, and requires the immediate presence of the surgeon.

A poultice of ipecacuanha is largely employed in Australia in cases of venomous bite. The wound should be previously sucked. If the bite be from a dangerous reptile, ammonia internally and stimulants in large doses are necessary.

In the case of bite from an animal suspected to be mad, sucking the wound, cutting out the wound, and the actual cautery, are the readiest means; the iron, heated to dull redness, is to be freely employed over the bitten surfaces. Lunar caustic, if at hand, is also efficacious, rubbed freely into the wounds. It is better to overdo than underdo the destructive work in these cases.

Poison.—If it is uncertain what has been taken, an emetic—ground mustard, two teaspoonfuls in half a teacupful of warm water; if not at hand, a teacupful of water, with as much common salt as it will take up—must be forced down; and if vomiting is not excited, tickle the fauces with a feather, or put the finger down the throat, and make the child swallow warm water plentifully. The

best antidotes in a general way, likely to be at hand in all poisoning cases, are white of egg, milk, and oil. Give these after causing sickness, till your doctor comes.

If the poison be known, and is opium, got, as so frequently happens, from cordials, soothing syrups, carminatives, and the like abominations, make the child sick.

Give sulphate of zinc, twenty grains, in sweetened water. Shake the child, walk it about in the fresh air, slap it, shout at it, sponge it with cold water, give it a little strong coffee. Do not let it go to sleep, on any account, or it will die.

When sending for your doctor, let him know the poison, if you are aware of it, that he may save time by bringing suitable remedies.

Sunstroke and Concussion.—The child is brought in pale, perhaps insensible, with very small, feeble, fluttering pulse. It has been exposed to the sun. Carry the child to a cool room, or place it under a wall or shade of some kind. Keep off bystanders. Remove the clothes, and dash cold water over the head and chest. Give a little sal volatile in water, if the child can swallow, but do not overdo stimulants. Get a doctor as quickly as possible.

The child has had a fall or a blow, and is brought in stunned. Strip off the clothes, wrap the child in warm blankets, chafe and rub the body with the palm of the hand, into which has been poured a little brandy or turpentine. Get hot bottles ready, and apply to the feet, legs, and sides, and get down some warm, nourishing drink, as beef-tea, or hot milk, when the child can swallow. Stimulants are usually best avoided. The head may be kept cool with cold cloths, or ice, if necessary. The case will probably require careful attention for several days. Vomiting is often the first sign of returning sensibility.

Drowning.—Artificial Respiration.—The child should be turned on its face for a moment or two, to let water run out of the mouth, which should be cleared of dirt and saliva. The wet clothes should be stripped off, and the child placed in a warm blanket; the surface of the body chafed and rubbed with hot flannels, the rubbing being in the direction toward the heart. A hot brick, or bottle or two, in flannel, will be useful about the sides and between the thighs. Smelling salts may be held to the nose. No time should be lost in commencing artificial respiration in bad or doubtful cases. The tongue is to be pulled forward and

held between the finger and thumb, the child then being on his back, with the head and shoulders raised slightly by pillows; stand behind his head and grasp his arms just above the elbows, draw them steadily and gently upward until they meet above the child's head, and let them remain so a few seconds; then bring the arms down again to the side of the chest, and let them compress it slightly for another second or two. These acts imitate inspiration and expiration, and are to be steadfastly and calmly carried out about sixteen to twenty times in one minute—not faster—for at least half an hour, if not successful sooner. When successful, put the child between warm blankets, and give a little warm wine and water, and absolutely insure rest for some hours afterward, lest a relapse occur.

To render it inexcusable—nay *culpable*—in any mother to administer quack remedies to her child, I append here the compositions of the leading quack remedies administered to children.

When any person who loves truth reads the advertisements and “testimonials” of these remedies, and then quietly examines of what the boasted remedies consist, let us hope that the pow-

erful lines of the Rev. George Crabbe may be more and more taken to heart, pondered over, and *acted upon* by the public:—

“ But now our quacks are gamesters, and they play
 With craft and skill, to ruin and betray.
 With *monstrous promise* they delude the mind,
 And thrive on all that tortures human kind.
 Void of all honor, avaricious, rash,
 The daring tribe compound their boasted trash.
 Tincture or syrup, lotion, drop, or pill,
 All tempt the sick to trust the lying bill.

* * * * *

Then the good nurse (who, had she borne a brain,
 Had sought the *cause* that made her babe complain)
 Has all her efforts, loving soul, applied
 To set the cry, and not the cause, aside :
 She gave her powerful sweet without remorse—
The Sleeping Cordial (she had tried its force)
 Repeating oft—the infant, freed from pain,
 Rejected food, but took the dose again.
 Soon she may spare her cordial; not a doubt
 Remains, but quickly he will rest without.”

I would that, for the health and honor of our common humanity, these lines, now nearly seventy years old, and, if possible, truer this day and more needed than they were the day they were written—I say, I would these lines were written, in the beautiful language of Solomon, “upon the table of the heart” of every mother, for their price, like that of wisdom, is above rubies.

I am chiefly indebted to Taylor's "Medical Jurisprudence," and to Cooley's "Practical Receipts," for the following analyses.

Mrs. Winslow's Soothing Syrup; called also *Quietness* (appropriate name), resembles syrup of poppies. *Its effects are those of a narcotic.*

Two doses of this caused the death of a child, aged fifteen months, with the usual signs of narcotic poisoning (*Pharmaceutical Journal*, 1872, page 618).

One ounce contains one grain of morphia, with other opium alkaloids. It is not surprising that it should prove fatal to infants in small doses.

Godfrey's Cordial is chiefly a mixture of sassafras, treacle, and tincture of opium. It is estimated to contain half a grain of opium to the ounce. In four years, 1863-1867, 56 deaths were recorded to have taken place from this compound.

Dalby's Carminative.—This is a compound of several essential oils, aromatic tinctures, peppermint water, carbonate of magnesia, and tincture of opium. This is estimated to contain one-sixth of a grain of opium to the ounce; but, like all

quack preparations, it varies in strength. A dose of forty drops is reported to have destroyed life in an infant. "Accidents frequently occur from its use; partly owing to ignorance, and partly to gross carelessness on the part of nurses and mothers."—(*Taylor.*)

Atkinson's Infant Preservative (!) contains one drachm of laudanum in the pint, the rest being aniseed, sal-volatile, magnesia, saffron, and carraway water.

Kaye's Infant Preservative (!)—Like Atkinson's and Godfrey's, but stronger, and therefore more dangerous.

Steedman's Powders.—I consider these to be the cause of great evil and even mortality among children. They are very largely used in England, in India, and elsewhere, and I have repeatedly seen their direful and dangerous effects. A person named Stedman has an imitation of them, and there is much squabbling over the "original" and "genuine." Let every mother remember that each of these powders contains three-quarters of a grain of calomel (*B. J. Grosjean*), and she will be more chary of poisoning her child's

system with them. I have known these powders given to the same child over and over again, for the effect of calomel is often very "soothing" upon children, until all the worst effects of mercury have followed their use. If these powders have been employed, let the doctor know, when he commences to treat the child, that he may be in a position to avert any ill results or alleviate any symptoms, the very cause of which would otherwise, probably, be hidden from him. Calomel is a powerful and valuable remedy in competent hands, and were these powders sold as three-quarter grain calomel powders, there could be no objection; but this would not pay; it must be "Soothing" powders, or "Teething" powders, or some plausible name, to extract the thirteen pence halfpenny, three halfpence of which the government of the greatest empire in the world is not ashamed to take as part of its revenue for the "patent." Truly,

"Pecunia non olet."

I have an equal objection to "worm powders," "worm cakes," "worm lozenges," of all kinds. Calomel, jalap and santonine make up the bulk of these. You cannot tell the quantities nor proportions. It is infinitely better and *cheaper* in the

long run (and that element seems to govern all things medical), to ask a respectable doctor to prescribe some worm medicine suitable to the *kind* of worms your child suffers from, and *also suitable to its constitution and actual state*, things which empirical remedies are far too free and aspiring to be shackled by.

MEDICINES AND APPLIANCES DESIRABLE TO HAVE IN A HOUSE.

The doses indicated are suitable for a child a year old.

The following table indicates, for general purposes, the doses suitable for different ages:—

Say the dose for a child 1 year old is 5 grains or 5 drops, then the dose for a child 6 months old is 2 grains.

Ditto for a child 2 years is 8 grains.

“	“	3	“	10	“
“	“	4	“	15	“
“	“	7	“	20	“
“	“	14	“	30	“

This table is approximate only; there is no rule without exceptions.

Arnica, Tincture of, mix with an equal quantity of hot or cold water, and apply on lint, for sprains, bruises, etc.

Soda, Bicarbonate of, 2 to 3 grains.

Potash, Bicarbonate of, 2 to 3 grains.

Potassium, Bromide of, 1 to 2 grains; very valuable in convulsive and spasmodic diseases. As a sedative one grain of chloral hydrate may be added for a child a year old.

Camphorated Oil, a useful liniment.

Spirits of Camphor, 1 to 2 drops in diarrhœa, etc. May be given on lump sugar.

Castor Oil.

Catechu, Tincture of, 5 drops in diarrhœa.

Potash, Chlorate of, 2 grains in febrile diseases, in sore throats, in diphtheria, in ulcerated mouth, etc. Repeated every 2 or 3 hours. One drachm, with a little honey and half a pint of water, makes an excellent gargle.

Potash, Citrate of, 1 to 4 or 5 grains; useful in feverishness, high-colored urine, etc.

Chloric Ether, 1 to 2 drops; anti-spasmodic and stimulant.

Tartarated Soda, Rochelle Salt, 3 to 5 grains.

Dover's Powder, various uses, diaphoretic, anodyne, etc., $\frac{1}{8}$ to $\frac{1}{4}$ grain. To be used with care.

Glycerine.

Gregory's Powder, 3 to 5 grains.

Gray Powder, 1 grain or 2 grains.

Calomel, $\frac{1}{4}$ to $\frac{1}{2}$ grain, or grain.

Ipecacuanha Wine, 3 drops as an expectorant, 20 drops as an emetic.

Ipecacuanha Powder, $\frac{1}{8}$ to $\frac{1}{4}$ grain, emetic.

Iron, Tincture of, dose 2 drops; tonic and astringent. Outwardly most useful in hemorrhage, rags being soaked in it and applied to the part.

Lime Water.

Laudanum (Tincture of Opium), $\frac{1}{3}$ drop.

Magnesia, Dinneford's Fluid.

Nitre, Sweet Spirits of, diuretic, diaphoretic,
dose 3 to 5 drops.

Opodeldoc, a useful liniment.

Quinine, Sulphate of, $\frac{1}{6}$ to $\frac{1}{4}$ grain.

Rhubarb, Tincture of, 30 drops as a purgative.

Rhubarb, Powdered, 2 grains.

Sal Volatile, 2 drops.

Zinc, Ointment of.

Zinc, Sulphate of, 10 or 20 grains, as an emetic,
for a child 3 or 4 years old.

OTHER REMEDIES

GENERALLY KEPT IN ALL HOUSES, AND OF USE IN
EMERGENCIES.

Alcohol.

Cayenne Pepper.

Condy's Fluid, disinfectant, for lotions, gargles, etc.

Ginger,	} Poultices.
Linseed Meal,	
Bread,	

Milk, in poisoning.

Mustard, emetic, 10 grains.

Olive Oil, Salad Oil.

Common Salt.

Sulphur.

Turpentine.

Vinegar.

White of Egg, in poisoning.

Further should be kept :—

Sticking Plaster.

Rigollot's Mustard Leaves.

Lint and Cotton Wool, and a bandage or two.

Two or three Camel's Hair Brushes.

A good Enema Syringe (Higginson's).

A Handball Syringe, about 3 ounce size.

Caustic.

Scales and Weights.

A Graduated Medicine Glass.

A Minim Glass.

WEIGHTS AND MEASURES.

Solid.

60 grains make..... 1 drachm.

8 drachms..... 1 ounce.

16 ounces..... 1 pound.

Liquid.

60 minims make..... 1 fluid drachm.

8 drachms..... 1 fluid ounce.

20 ounces..... 1 pint.

Do not drop medicines, but measure the number of minims in the minim glass.

A FEW SIMPLE PRESCRIPTIONS.

(*When not otherwise specified, suitable to children about 3 years old.*)

Blood Restorers. — *Cod-liver Oil.* — Cod-liver oil is a sheet-anchor of medicine in scrofula, tuberculosis, and debility of all sorts, glandular enlargements, rickets, etc.

The secret of giving cod-liver oil successfully is *not to give too much*, and to give it at the right time. Small quantities are best to begin with, a few drops for a very young child, half a drachm to a drachm for older ones, in orange wine, or a little weak nitro-muriatic acid in water, well sweetened. It should be given so as not to clash with meals, or soon after a meal; if before, it spoils the appetite. Bedtime is a good time when it causes sickness; the child lying down immediately afterwards, it is usually well retained. When it causes diarrhoea, and often in rickets, I give it with equal parts of lime water. As an external application to many obstinate forms of eczema of the head, and other cutaneous diseases, I have found it extremely valuable.

If necessary, it may be made into an ointment, as—

R. Ol. Morrhuae.....half an ounce.
 Liquoris Potasse.....half a drachm.
 Fresh lard as necessary.
 Ft. unguent. —(*Dr. Neligan.*)

When cod-liver oil cannot be tolerated, glycerine and cocoanut oil are the best substitutes. They should be given in doses of from 1 to 2 drachms, two or three times a day. I have tried the Dugong oil, but do not think that it possesses any special merit, nor yet the cod-liver oil, emulsions, jellies, etc.; I much prefer the plain oil. Some bear the light brown kinds well; others prefer the pale. The finest sample of cod-liver oil I have seen came from Messrs. Southall's, of Birmingham. Burgundy or claret make good vehicles for cod-liver oil, or it may be given, sandwich fashion, in a little brandy and water; that is, pouring a little brandy and water at the bottom of the glass, then floating the oil, wetting the side of the glass with brandy and water, and finally pouring a little *rather* stronger over the top of the oil will make it slip down tastelessly. Ice in the oil also renders it nearly tasteless. If the oil be thick, from cold weather, it should be warmed and made clear before administration.

As a rule, children get to *like* it without artificial means of any kind ; I am, therefore, merely supplying hints for possible difficulties.

Hydrated Oil and Pancreatic Emulsion are also very valuable in many of the chronic wasting diseases of children.

Iron.—The simplest forms in which to give iron are as “steel wine” (dose, half a teaspoonful, in water, for a child a year old), as syrup of the iodide of iron, especially useful for swollen glands, etc. (dose, half a teaspoonful for a child four or five years), as syrup of the phosphates, or Parrish’s chemical food (dose, half a teaspoonful upwards, for a child four or five years old).

The phosphate of lime, dose, 1 to 3 grains, may be sprinkled on bread and butter, and given in rickets, diarrhœa of chronic type, and many wasting diseases.

R. Powdered Phosphate of Lime...gr. 15.
Nitrate of Bismuth,.....gr. 15.
White Sugar.....1 drachm.

Divide into five powders, and give one, night and morning, in chronic diarrhœa.

AN ASTRINGENT MIXTURE.

R. Aromatic Confection.....1 drachm.
Sal Volatile.....half a drachm.
Tincture of Kino.....half a drachm.
Syrup of Ginger.....3 drachms.
Dill Water, to make up.....12 drachms.

Dose, one or two teaspoonfuls every two or three hours, in relaxed bowels.

LAUDANUM (WHERE NECESSARY).

R.	Laudanum.....	1 drop.
	Syrup of Saffron.....	$\frac{1}{2}$ ounce.
	Water.....	$\frac{1}{2}$ ounce.

Dose, a teaspoonful for a child six months old ; two teaspoonfuls for a child a year old.

BELLADONNA. (HOOPING COUGH.)

R.	Extract of Belladonna.....	$\frac{1}{2}$ grain.
	Syrup.....	1 ounce.
	Water.....	2 ounces.

For a child a year old, a teaspoonful frequently.

ACONITE.

R.	Tincture of Aconite.....	$\frac{1}{4}$ drop to $\frac{1}{2}$ drop.
	Water.....	1 teaspoonful.

To be given every hour for several consecutive hours, in inflammations, fever, etc., for a child three or four years old ; one-tenth drop is sufficient for a baby one year old.

TONIC.

Citrate of Iron and Quinine, 1 grain upward, in sweetened water, two or three times a day.

A COUGH LINCTUS.

R.	Honey.....	2 ounces.
	Syrup of Red Poppy.....	5 drachms.
	Dilute Nitric Acid.....	4 drachms.
	Glycerine.....	1 ounce.
	Mucilage.....	up to 8 ounces.

Two teaspoonfuls for a dose, child five or six years old.

To this may be added, when necessary, Solu-

tion of Bimeconate of Morphia, one teaspoonful. But this I cannot recommend to be done without medical advice.

FOR HOOPING COUGH.

- ℞ Bromide of Potassium.....16 grains.
Bromide of Ammonium.....32 grains.
Syrup of Red Poppies.....3 drachms.
Water.....up to 4 ounces.

Dose, two teaspoonfuls every two, three, or four hours, for a child five years old.

A STIMULANT MIXTURE.

- ℞. Ether.....5 drops.
Chloric Ether.....5 drops.
Spirit of Nutmeg.....10 drops.
Infusion of Cloves.....to ½ ounce.

A draught in great prostration, or on recession of a rash, for a child five or six years old.

- ℞. Solution of Chlorinated Soda 1 drachm.
Tincture of Bark.....6 drachms.
Brandy.....12 drachms.
Water.....to 8 ounces.

A dessert to a tablespoonful in exhaustion of low fever, etc. (child five to six years old).

MAGNESIA.

- ℞. Magnesia...3 to 5 or 10 grains.
Syrup of Roses.....a teaspoonful.

A laxative for very young children.

DIARRHŒA.

- ℞. Aromatic Sulphuric Acid...2 drops.
Syrup.....a teaspoonful.
Watera teaspoonful.

In diarrhœa, for a child five years old.

FEBRILE AFFECTIONS.

- R. Chlorate of Potash.....3 to 5 or 10 grains.
 Syrup of Glycerine.....a small quantity.
 Water2 or 3 teaspoonfuls.

In low fever and feverish attacks, bad thrush, and affections of the mouth and throat generally.

EMETICS.

- R. Powdered Ipecacuanha..... $\frac{1}{2}$ to 1 grain.
 Powdered Sugar.....a little.

Safe for young infants; repeat every quarter of an hour till sickness results.

Wine of Ipecacuanha, a teaspoonful and more, every quarter of an hour till vomiting is caused. Warm water should be drunk, to aid the emetic action.

A teaspoonful or two of Mustard in warm water makes a capital emetic.

SIMPLE APERIENTS—FOR INFANTS..

- R. Manna.....30 to 60 grains.
 Fluid Magnesia.....a teaspoonful upward.

FOR YOUNG CHILDREN.

- R. Confection of Senna..... $\frac{1}{2}$ drachm or more.
 Gregory's Powder.....3 to 5 grains.
 Tamar Indien..... $\frac{1}{4}$ lozenge.
 Castor Oil.....a teaspoonful.
 Sweet Essence of Senna.....a teaspoonful or more.

For an infant, a piece of yellow soap the size and shape of the little finger gently introduced into the bowel and held there a few seconds, will generally procure the required relief. This is harmless, and admirable for general use; it is a sort of solid enema. An enema of warm soap-

suds and water for a baby, an ounce : for older children, three or four ounces may be used with an ordinary hand-ball syringe ; the pipe or nozzle should be oiled and very gently introduced. Fluid enemias are not to be used too frequently, as they weaken the lower bowel.

EXTERNAL APPLICATIONS.

BATHS.

A Tepid Bath for a child should have a temperature of about 85° Fahr.

A Warm Bath for a child should have a temperature of about 90° Fahr.

A Hot Bath for a child should have a temperature of about 98° Fahr.

When a child evidently dreads the water, an excellent plan is to cover the bath with a blanket, to place the child thereon, and then gently to lower it into the water. By this simple plan much screaming, terror, and unnecessary exhaustion are avoided.

Ice is a most useful agent in the diseases of children, applied to the head in convulsions, fever, meningitis, etc.; sucked, it is grateful in fevers, and valuable in affections of the throat, *e. g.*, diphtheria, and tonsillitis, etc. It is also useful to check sickness and hemorrhage.

Dr. Chapman's spinal ice-bag is recommended in child-crowing, St. Vitus' Dance, convulsions, and tetanus.

Blanket Bath.—This is useful in producing ready sweating. A blanket is wrung out of hot water and wrapped around the child. Three or four dry blankets are then thrown over, and the child left for half an hour or so. The body should then be rubbed with a soft, “fluffy” towel, to absorb the moisture thoroughly, and the child should of course remain in bed.

The Wet Compress consists simply of a roll of flannel or soft linen dipped in cold water and wrung out, and then applied to the part indicated, over it a piece of waterproof sheeting may be placed, rather larger than the roll.

The Cooled Bath.—The child is immersed in water at 95° Fahr., which in about thirty minutes is cooled to 70° Fahr., or lower, if necessary, by the addition of cold water. A child may, however, be often wrapped in a wet sheet, and a little cold water poured over its head as a readier measure answering a similar object.

NITO-MURIATIC ACID BATH.

R.	Nitric Acid.....	1 fluid ounce.
	Hydrochloric Acid.....	2 fluid ounces.
	Warm Water.....	10 gallons.

This must be made in a wooden bath, and the child should remain in it about ten minutes. It is used chiefly for hepatic sluggishness.

SULPHUR BATH.

- ℞. Sulphide of Potassium..... 2 ounces.
 Warm Water..... 10 gallons.

Useful in scabies, and in chorea, and other nervous affections.

SALT-WATER BATH.

- ℞. Common Bay Salt, or better, Tid-
 man's Sea Salt..... 4 ounces.
 Water, warm or cold (according
 to seasons etc.)..... 4 gallons.

To be used every morning in tuberculosis, scrofulosis, general debility, rickets, etc. ; a most useful remedy. The whole body should be rubbed after every bath with a Turkish towel, or rough bath gloves, to excite healthy action of the skin.

MUSTARD BATH.

- ℞. Powdered Mustard..... 2 ounces.
 Hot Water..... 4 gallons.

For a foot-bath, as a derivative, occasionally as a stimulant ; in conditions of great exhaustion the child is immersed, all but its head.

IRON BATH.

- ℞. Sulphate of Iron $\frac{1}{2}$ ounce.
 Water 4 gallons.

For strumous and rickety children. The Ammonio-Citrate of Iron may be used, but it is more expensive. The Steel bath is useful in some diseases of the skin.

DIETARY.

1. *Good Nutritious Beef Tea*.—Mince one pound of good beef (from which all skin, fat, etc., have been carefully removed), and pour upon it, in an earthen jar, one pint of cold water. Stir and let stand for one hour. Then place the jar in a moderate oven for one hour, or stand the jar in a saucepan of water and allow the water to boil gently for an hour. To be exact, the heat to which the beef tea is raised should not exceed 180° Fahr. Strain through a coarse sieve and allow it to get cold. When wanted remove every particle of fat from the top; warm up as much as may be required, adding a little salt. Beef tea should, except in the hottest weather, be made a day before it is wanted.

2. *Essence of Beef*.—One pound of gravy beef, free from skin and fat; chop as fine as mince meat, pound in a mortar with three tablespoonfuls of soft water and soak for two hours. Then put in a covered earthen jar with a little salt, cement the edges of the cover with pudding paste and tie a piece of cloth over the top. Place the jar in a

pot half full of boiling water, and keep the pot on the fire for four hours, simmering. Strain off the liquid essence through a coarse sieve: it will be about five or six ounces in quantity. One teaspoonful frequently, with or without wine or brandy, as may be ordered. A teaspoonful of cream may occasionally be added with advantage, to four ounces of the essence, or it may be thickened with flour, arrowroot or sago.

3. *Beef Tea in Haste*.—Scrape one pound of lean beef into fibres on a board. Place the scraped meat into a delicately-clean, white-lined saucepan, and pour half a pint of boiling water upon it. Cover closely and set by the side of the fire for ten minutes, strain into a teacup, place the teacup in a basin of ice-cold water, then remove all fat from the surface, pour into a warmed cup, warm this gently with hot water or otherwise and serve. This can be ready in fifteen minutes, and double the quantity of meat can be used, if necessary. Bread and blotting-paper are ineffectual to remove all the fat. A tomato makes excellent flavoring, and other flavors can be added, if desired. For children, however, the simpler aliments are the better.

4. *Beef and Chicken Broth*.—One pound of

good lean beef and a chicken, boned, should be pounded together in a mortar, a little salt added, and the whole placed in a saucepan with nearly three pints of cold water. Stir over the fire until it boils, then boil half an hour, strain through a coarse sieve and serve.

5. *Raw Meat*.—Lean meat (beef, fowl or mutton) minced finely or grated, one part, and pure white sugar two parts, thoroughly mixed in a mortar. One teaspoonful every two, three or four hours, in diarrhœa, etc.

6. *Liebig's Food for Infants*.—Wheaten flour, half an ounce; malt flour, half an ounce; bicarbonate of potash, seven and a quarter grains; water, one ounce. Mix: add five ounces of cow's milk, and put the whole on a gentle fire and stir; when it begins to thicken it is to be removed; stir five minutes; heat and stir again till it becomes fluid, and finally made to boil; strain through a muslin sieve. Stated to be slightly aperient, and where there is a tendency to diarrhœa, twenty grains of prepared chalk are to be substituted for the potash.

“Laputa never devised anything more preposterous than Liebig's food for infants.” Dr. King Chambers makes this remark, and, despite the

praise of other high authorities, I agree with Dr. Chambers. Nevertheless, let those use it who admire it.

7. *Chicken, Veal, and Mutton Broths.*—The fleshy part of the knuckle of veal, a chicken, bones and all, chopped up, or two pounds of the scrag end of neck of mutton, added to two pints of water, with a little pepper and salt, and boiled two hours and strained, all make excellent broth. Pearl barley, rice, or vermicelli, boiled separately till quite soft, may be added when either of the broths is heated for use. All fat must be always carefully removed by skimming when cold.

8. *Milk and Gelatine, or Isinglass.*—Half an ounce of gelatine to be dissolved in half a pint of hot barley water; an ounce of powdered loaf sugar added, and a pint of new cow's milk poured in, makes an imitation of *ass's* milk.

Dissolve a little isinglass in water, mix well with half a pint of new milk, boil, and add sugar or not, as desired.

9. *Milk and Suet.*—Chop one ounce of calves' suet very fine, tie lightly in a muslin bag, and boil slowly in a quart of new milk; sweeten with pounded loaf sugar. This is an imitation of *goat's* milk.

Boil one ounce of finely chopped suet with a quarter of a pint of water for ten minutes, and press through linen or flannel. Then add one drachm of bruised cinnamon, one ounce of sugar, and three-quarters of a pint of milk. Boil for ten minutes, and strain. Not more than a wine-glassful should be given at a time, as it is liable to derange the stomach and cause diarrhœa; a little old brandy, or a teaspoonful of La Grande Chartreuse, will prevent this, where, in older children, the highly nutritious and fattening qualities of this combination are desirable.

10. *Milk and Lime Water*.—Half a teaspoonful of the sweetened solution of lime, or an ounce to two ounces of plain lime water, may be added to four ounces of new milk; or equal parts of milk and soda water make a good drink in sickness, and irritable and sour stomachs.

Fifteen grains of bicarbonate of soda added to a quart of fresh milk will prevent its turning sour for several hours, and will rather aid than impair its digestibility.

11. *Bread Jelly*.—Steep stale bread in boiling water, and pass through a fine sieve while hot. It may be flavored and taken alone, or mixed and boiled with milk.

12. *Rice Cream*.—A quarter of a pound of whole rice, well boiled in milk, and put in a sieve to drain and cool; mix with the rice a gill of good cream, whisked to a froth, and add a wineglassful of Madeira and a little powdered loaf sugar.

13. *Rice Milk*.—Three tablespoonfuls of rice, one quart of milk, wash the rice and put into a saucepan with the milk, simmer till the rice is tender, stirring now and then, and sweeten. Tapioca, semolina, vermicelli, and macaroni may be similarly prepared.

14. *Rice Water*.—One ounce of well-washed Carolina rice. Macerate for three hours at a gentle heat, in a quart of water, and then boil slowly for an hour, and strain. It may be sweetened and flavored with a little lemon peel. Useful in diarrhoea, etc., when the flavoring is best dispensed with, and a little old Cognac added.

15. *Barley Water*.—Wash two ounces of pearl barley with cold water, then boil for five minutes in some fresh water, and throw both waters away. Then pour on a pint and a half of boiling water, and boil down one half. Flavor with thinly cut lemon rind, and add sugar to taste. A little isinglass may be added, if desired.

16. *Rice Gruel* (for diarrhœa).—Ground rice, two ounces, cinnamon, a quarter of an ounce, water, four pints. Boil for forty minutes, and add a tablespoonful of orange marmalade.

17. *Lemonade*.—The rind of three lemons, pared as thin as possible, should be added to a quart of boiling water, and a quarter or half an ounce of isinglass. They should stand twenty-four hours, covered, then squeeze the juice of eight lemons upon half a pound of lump sugar; when the sugar is dissolved pour the lemon and water upon it, mix, strain, and serve.

18. *Refreshing Drinks*.—Orange, lemon, limes, or pineapple, sliced small and put into a jug with an ounce or so of sugar candy. Some of the fresh juice of the fruit should be then squeezed into the jug, and a pint of boiling water poured on.

19. *Tamarind Whey*.—Two tablespoonfuls of tamarinds, stirred into a pint of boiling milk, and strained. A quarter of an ounce of cream of tartar may be similarly treated, and a little sugar candy added.

20. *Orgeat*.—Two ounces of sweet almonds blanched, and a few drops of bitter almond flavor. Pound, with a little orange flower water,

into a paste, and rub up with a pint of milk and a pint of water, until an emulsion is formed. Strain and sweeten.

21. *Egg Soup*.—The yolks of two eggs, a pint of water, half an ounce or so of butter, and sugar to taste ; beat up together over a slow fire, adding the water gradually. When it begins to boil, pour backwards and forwards between the jug and saucepan till quite smooth and frothy.

22. *Rose Tea*.—Take of red rosebuds (the white heels being removed), half an ounce, three table-spoonfuls of white wine vinegar, sugar or sugar candy, one ounce. Put into one quart of boiling water, and let stand near a fire for two hours and strain.

Similar drinks may be made with guava jelly, damson jelly, syrup of German cherry-juice, apple jelly, Cape gooseberry jam, etc.

23. *Jelly Water*.—A dessertspoonful of wild cherry or blackberry jelly ; one goblet of ice-water. Beat up well. Excellent in fever, as a drink.

24. *Iceland Moss Jelly*.—One handful of Iceland moss well washed, one quart of boiling water, the juice of two lemons, one glass of wine, one quarter of a teaspoonful of cinnamon. The moss should be soaked an hour in a little cold water,

then stirred into the boiling water, and simmer till dissolved. Sweeten, flavor, and strain into moulds. This jelly is very nourishing and is specially useful in chronic colds.

25. *Isinglass Jelly*.—Isinglass, one ounce, pure gum arabic, half an ounce, white sugar candy, one ounce, port wine, half a pint, a little nutmeg grated. These should be put in a jar, to stand twelve hours, covered well, to prevent evaporation, then placed in a saucepan with sufficient water to simmer till the contents are melted; the whole should be stirred, then allowed to stand to cool. A teaspoonful is reviving in cases of extreme exhaustion.

26. *Chicken Jelly*.—Half a raw chicken pounded with a mallet, bones and meat together. Cold water to cover it well. Heat slowly in a covered vessel and let it simmer until the meat is in white rags, and the liquid reduced one-half; strain, and press through a coarse cloth, add a little salt, return to the fire and simmer five minutes longer; skim when cool. Wine or seasoning may be added with the salt if desirable.

27. *Arrowroot Wine Jelly*.—One cup of boiling water, two teaspoonfuls of arrowroot, two teaspoonfuls of white sugar, one dessertspoonful of

brandy, or three of wine; wet the arrowroot in a little cold water and rub smooth, then stir into the hot water, which should be on the fire and boiling at the time with the sugar already melted in it. Stir until clear, boiling all the time, and add the wine or brandy. Wet a cup in cold water, and pour the jelly into form.

A teaspoonful of lemon juice may replace the wine or brandy. The jelly can then be eaten with sugar and cream.

28. *Iceland Moss and Irish Moss Jellies*.—Take of Iceland moss and of Irish moss one ounce each. Boil in a pint and a half of milk, slowly, for three-quarters of an hour. Strain through muslin and add sugar candy to taste, or an ounce of tincture of quinine may be added, when more sugar will be required. One or two teaspoonfuls may be taken often in the day.

29. *Palatable Castor Oil*.—

R.	Pulv. Gum Acac.....	3 j.	
	Syrupi		
	Glycerini	āā.....	3 j.
	Aquæ		ij.
	Ol. Ricini.....		3 vj.
	Ext. Vanilla		
	Sp. Vin. Gallic.....	āā.....	3 ij.
	Ol. Cinnam. Ver.....	m v.	Misce.

Dose.—Double the quantity of oil intended to be given.

30. *Nutritious Enemata.*—*Beef Tea and Brandy.*—Take of strong beef tea six ounces, one ounce of cream, half an ounce or less of brandy, or an ounce of port wine. This will be sufficient for three enemata; they should be given about every eight hours unless otherwise ordered. If no other nourishment is given, they will require to be given every four hours, and the stimulant should be reduced and a few drops (say three or four) of laudanum added, to control irritability of the bowels. A better plan is to chop finely the pancreas of a bullock, freed from fat, and mix with eight or nine ounces of glycerine. About a fourth part of this (or less for young children) is to be added to one or more ounces of finely-chopped meat, and injected into the rectum as soon as made. The rectum should be cleansed with a free injection of warm water from time to time during a course of feeding thereby, to prevent irritation by decomposition of unabsorbed matters.

Quinine, cod-liver oil, bark, and other remedies can, if desirable, be added to nutrient enemata.

31. *Stimulants.*—Regarding the use of alcoholic stimulants for children, I can only say that in health the less the better, and that even in disease

their use is to be guarded and strictly medicinal. "Sipping from papa's glass" is a foolish and even dangerous custom, and may lay the foundation of craving for their immoderate use. Alcohol is accredited by Dr. Walshe and others with delaying the development of phthisis; that, indeed, "it excludes the formation of tubercle." Dr. King Chambers considers that it is rather that "the tubercles do not so soon break down into suppuration."

Whether with the object of preventing tuberculosis, or in great exhaustion, or in protracted illnesses, etc., if stimulants are to be given, what forms are best for children? As a daily drink, I regard a light bitter ale, or a little good sound porter, as among the most wholesome. The child should be instructed to drink rather towards the close of its meal than near the commencement.

Many of the light Hungarian, French, Greek and Australian wines are pleasant and harmless beverages. Diluted with water, they refresh in hot weather and may assist feeble digestion. Champagne (but it must be excellent in quality) is *the* wine for a sick stomach; whether the cause be sea sickness or what not, with a small lump of

ice in it, we have few more efficient remedies. Champagne is light, diffusible, easily absorbed, transitory in its effects. It is admirable where a rapid volatile stimulant is required. A few drops of old Cognac may be added, in extreme prostration. Burgundies, especially the better kinds, such as Romanée, Chambertin, etc., are magnificent restorative stimulants. I have known patients recovering from exhausting illnesses remark that their glass of Burgundy seemed to "give them life." Port, if old and genuine, has also undoubted high value as a blood restorer. But the absolute necessity, in sickness, of having really fine wine deters one from running the risk of fusil oil and logwood. At any rate, that restorative wine is best the purity of which can be guaranteed, is a useful rule to bear in mind. I may enumerate a few very high-class restorative wines, special cases, of course, indicating some rather than others: Chateau d'Yquem, Madeira, Ruster, Red Kephesia, Como, Oberingelheimer, Steinberger cabinet, Carlowitz, Tokay, etc.

I have seen good results from the old-fashioned plan of allowing delicate young persons a glass of rum and milk early in the morning, say at least an hour, but better two hours, before break-

fast. The rum should be old Jamaica, and a small quantity is enough. Half a teaspoonful to a teaspoonful for young children is plenty. Brandy, when necessary in sickness, *must* be old. "Three-star Hennessy" is reliable, but whatever the kind selected may be, the *older* the better, and it should be obtained where reliance can be placed on the vendor. The young, raw, fiery brandies sold are bad enough for strong stomachs; they are simply poison to the sick child. I have often, when an out-patients' physician, in crowded London districts, shuddered to hear of the "drop of brandy" and the "drop of gin" which some unhappy little one had been compelled to swallow to "do it good."

Regarding ginger, and orange, and the other "home-made" wines, they are innocent enough, except that with some children they are apt to produce biliousness or to turn sour on the stomach.

THE MENTAL CULTURE AND TRAINING OF CHILDREN.

BY

PYE HENRY CHAVASSE, M. D.,

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PREFACE.

SOME of these *Aphorisms* appeared in the *First* Edition of *Counsel to a Mother*; but, as they subsequently multiplied to such an extent, and took up so much space, I thought it desirable to collect them together, and publish them separately in one volume; more especially as I had so much additional advice to put into the *Second* Edition of *Counsel to a Mother*, and for which I otherwise should have had no room.

These *Aphorisms* might be considered as a part and parcel of Hygienic Science—a subject which I have for upwards of thirty years so laboriously cultivated. These *Aphorisms* more exclusively treat of the culture and training of the mind of a child; while two of my other works—*Advice to a Mother* and *Counsel to a Mother*—are more especially devoted to the care and management of the body of a child. The care and management of the body should go hand-in-hand with the culture and

training of the mind. Anything that improves the one conduces to the advantage of the other.

Aphorisms is a book necessary to make the series complete—is a needful sequence to two of my other works—*Advice to a Mother* and *Counsel to a Mother*; for the body is so dependent on the mind, and the mind on the body—they are, as it were, links of one chain; so that if one link either of mind or of body be injured, the whole chain is deranged; and, as the strength of a chain is in its weakest part, each link of the chain must be carefully tested and proved and kept in good order; or, otherwise, many a break-down in the journey of life will happen.

Although I have occasionally been a little discursive and have touched upon some few subjects not absolutely on the culture and training of a child; still in the main I have kept pretty closely to my text.

The mental culture and training of a child is of immense importance. Many children are so wretchedly trained, or rather not trained at all, and so miserably managed, or, more correctly speaking, mismanaged, that a few thoughts and reflections on the subject may not altogether be thrown away; it will be well, at all events, to bring the subject prominently before the attention of a mother, as it

is of vital consequence to the rising generation—to the future men and women of England.

I have, in these pages, instilled into the minds of mothers, the great importance of training their boys to be manly and their girls to be useful. There is, alas! need for such advice, for boys, now-a-days, are made effeminate by luxury, and girls useless by having nothing to do!

I now commit this little book into the hands of my fair readers and of my kind friends, and, in conclusion, will only say with Chaucer:—

“Go, little booke; God send thee good passage.”

PYE HENRY CHAVASSE.

214, HAGLEY ROAD, EDGBASTON,
BIRMINGHAM, *October, 1872.*

ON THE

MENTAL CULTURE AND TRAINING

OF A

C H I L D .

Train up a child in the way he should go; and when he is old he will not depart from it.—PROVERBS.

A child left to himself bringeth his mother to shame.—PROVERBS.

It is good for a man that he bear the yoke in his youth.—LAMENTATIONS.

1. *A Mother's Eyes* can see in her child what no one else can see—they only want directing aright. She can discern the slightest shade of illness passing over his countenance, which to every one else besides would be overlooked and disregarded; she can read the thoughts passing in his mind; she often can, and frequently does, before he has given utterance to them, anticipate his very wishes. A good mother's eyes, indeed, are marvellous in quickness, in intelligence, and in love, and are, as far as in her lies, ever watchful for the welfare of her child. True it is that either ignorance, or over-indulgence, often blinds her eyes to his true interests; hence the necessity that her eyes be educated to observe and to discriminate.

2. *A Mother's Influence*.—What enchantment there is in a mother's influence over her child! There is something most mysterious about it; it exists, but how to explain it we cannot; it is like many of Nature's laws, past finding out! Mrs. De Morgan, in a well-written article on "Our Better Selves," makes, in *Good Words*, for Aug. 1, 1870, the following remarks: "None has yet penetrated into the mystery of a mother's influence over her child. Science is beginning to show how all-important is this influence before birth, but science has not yet found out what germs of character are earliest developed and fostered by the magnetism of a mother's love, in its direct bearing on the physical and mental growth. It cannot be that the numberless cords which bind the infant life to that of the mother can in a moment be so severed that the mother *can* hold to her child only the place of a stranger, or that the stranger can ever take the mother's place in the nurture and nourishment of body and soul."

3. *A Mother's Love* is a panacea for many of the little "ills that [a child's] flesh is heir to." If he have a fall and bruises himself, her kiss is the remedy that cures him; if he and the nurse fall out (as they often do), the mother is the best mediator and peace-maker; if his little spirit is wounded by unkindness, the mother

alone is the one to pour the balm into his wounds, and all are quickly healed ; if he have been frightened at night by the tales of a silly nurse, his mother's bosom is a haven of safety, her arms his best protector, and her voice his greatest comforter, lulling him as if by magic to repose. The magic of a mother's love ! What will not the magic of a mother's love do ? It will soften the hardest heart and bring it into subjection. If the remarks I have just made respecting the power and influence of a mother be true, it shows the importance of herself reigning supreme, and of not delegating to another—a hireling—her best, her holiest, her greatest privilege, in order that she herself might find time to become a votary of fashion !

“ A mother's love !—resistless speaks the claim,
When first the cherub lips a mother's name. ”

R. Montgomery.

4. *Abstinence.*—A child cannot, like an adult, with impunity, fast—he cannot, without begetting disease, go long without food. The old saw speaks truly, that “ children and chicken should often be picking ; ” it is necessary that it should be so—their little stomachs absolutely require it :—

“ Your stomachs are too young ;
And abstinence engenders maladies. ”—*Shakspeare.*

Although abstinence to a child is injurious, stuff-

ing him is equally so—the golden mean should be observed.

5. *Accuracy is the great want of Englishmen*—so says Canon Kingsley—and he is right; but, then, if a man is to be accurate, he must in his childhood be taught accuracy, or he will never in his manhood learn it. A child, then, should early be taught to speak accurately. Many mothers encourage their children to converse in a high-flown grandiloquent style, and to speak in the superlative degree. Now, this is a great mistake, as it encourages untruthfulness, which untruthfulness will, as a child grows up to manhood, become a confirmed habit, will, in point of fact, imperceptibly make him a liar—one of the most contemptible of characters! While, if from childhood upwards he had been taught to speak accurately, all such misery might have been prevented. Once a liar, always a liar! Nothing grows upon a person so much as the telling of lies, and of dealing in the marvellous. Some people never speak the truth; lies with them are the rule, and truth the exception—they are what may be called Chronic Liars! And nearly all such persons owe their wretched failing to their early training. Let a child, then, from the early dawn of intellect—from the lisps of speech—be taught to speak on all subjects accurately, be they either trivial or important;

and such a one, in time, will scorn to tell a lie, or to be in the least untruthful. A mother, then, should teach her child to be accurate in his conversation and in his statements—to keep to the strict letter of the fact, and not to deal in the marvellous. We say of some person: “You may believe every word he says, for he is always accurate.” We remark of another individual—“You must take whatever he says *cum grano salis*, for he is fond of dealing in exaggerations; he does not mean to be untruthful, but he has got into the habit of it and cannot help it.” There is great beauty in accuracy! Accuracy will grow with a child; it will become a habit—and “habit is second nature.” Chaucer well exemplifies what I have just said:—

“Who so shall telle a tale after a man,
He moste reherse, as neighe as ever he can,
Everich word, if it be in his charge,
All speke he never so rudely and so large;
Or elles he moste tellen his tale untrewē,
Or feinen things, or finden wordes newe.”

6. *Actions*.—A little child can only judge of you by your actions. It is no use preaching *at* or *to* him, as is the wont of some mothers. Your actions towards him speak more volubly, forcibly, and effectually than words can, however eloquent they be:—

“Our acts our angels are, or good or ill.”—*Fletcher*.

Wordsworth sings somewhat in a similar strain, and which is very applicable in a parent's dealings with her child:—

“ That best portion of a good man's life,
His little, nameless, unremembered acts
Of kindness and of love.”

7. *Affectation*.—A child, if he be not made affected either by imitation or by instruction, is always natural. Affectation makes a false character; it is like lacquered sham—a counterfeit. It is painful to have to listen to an affected young lady; she drawls and lisps and chops and clips her words in the most extraordinary fashion! It is a pity that she cannot see herself as others see her—she would then know what a simpleton she makes of herself, and how unbecoming affectation really is. Affectation is like mildew on a peach—it robs it of all its beauty. “Affectation is a greater enemy to the face than small-pox.”—*St. Evremond*.

8. *Affection*.—The hands of a mother are, to her child, the softest and whitest in the world; her kiss, the sweetest; her eye, the brightest; her voice, the most melodious; her presence, the most charming; and her looks fill him with joy, confidence, and gladness. Oh, how beautiful is affection!

“Entire affection hateth nicer hands.”—*Spenser*.

Affection, therefore, ought, in every way, to be kept alive ; for, if affection be once allowed to droop, it can seldom be resuscitated.

9. *An only Child.*—Truly a large family is much to be desired ; indeed, it is, in the Holy Scriptures, a type of promise, of reward, and of blessing to all those people who are God's favored children. An only child, however estimable he may be, is almost sure to be selfish ; this is a great misfortune—one of the many misfortunes deeply to be deplored of being an only child. “It is harder to bring up one child than six. In a large family the children help to bring one another up. It is not merely that the elder ones assist in taking care of the younger, but they all influence one another profitably in other ways ; vanity is sometimes laughed into modesty, and arrogance is subdued into humility. Each child is kept constantly in mind that others have rights and feelings and preferences as well as himself ; he forms the habit of considering those rights, feelings, and preferences ; and he is thus prepared to *get along*, as we say, with those among whom his lot may be cast. Parents with one child have a difficult task, and the best way is to get for their solitary chick as many playfellows of its own age as they conveniently can.”—*The Methodist Recorder*.

10. *Anger* is very weakening to a child, as it is to every one else besides. It therefore should as quickly as possible be subdued; not by the mother herself getting into a passion—certainly not, that would only increase the mischief tenfold—but “by throwing oil upon the troubled waters;” “by a soft answer, which turneth away wrath;” by a gentle, and yet by a firm, demeanor; by drawing his attention to something else, until he be calm, and then by lovingly telling him of his faults. By adopting such a plan he will be likely, for the future, to correct and repress his anger. “Anger is like the waves of a troubled sea; when it is corrected with a soft reply, as with a little strand, it retires, and leaves nothing behind but froth and shells—no permanent mischief.”—*Jeremy Taylor*.

11. *Attention*.—A child should be early instructed to be attentive to the wants of others—more especially to those of his mother. He should, for instance, be taught, on her entering the room, to offer the chair he is sitting upon to his mother; or, if he be old enough, to hand her a chair; to open the door for her either upon her entrance or upon her exit from the room; to be attentive while his mother, or any grown-up person, is speaking, and not to interrupt them in their conversation. These little

acts of courtesy are very engaging in a child. There is something very winning—especially in a child—in attention to the wants, and to the feelings of others. Attention is like good words,—“worth much and cost little,” and are the distinctive qualifications of a gentleman.

12. *Babies*.—It is far preferable for a mother to have a large family than to have none at all, for “if God sends *babbies* he sends penny loaves ;” and if there be no children there is usually discontent. It is all very fine for a childless woman to say, that she does not like children—the grapes are sour ! All mothers in their heart of hearts love children ; more especially if they happen to be their own flesh and blood.

13. *Baby*.—When a child is cross, there is no soothing medicine like the mother’s arms ; there seems some particular talismanic virtue in them belonging to no other arms in the world ; they lull him, as by the wand of an enchantress, to sleep :—

“ The baby wept ;
The mother took it from the nurse’s arms,
And soothed its grief, and stilled its vain alarms,
And baby slept.”—*Hinds*.

14. *Baby Fingers*.—There is nothing more beautiful than a baby’s little hand ; his plump, diminutive fist ; his dimpled knuckles ; his fl-

bert-shaped nails; his rosy fingers—all form an excellent model, worthy the chisel of a Canova:—

“The fingers’ form, of varied length,
That join or vie their little strength;
The pigmy thumb, the onyx nail;
The violet vein, so blue and pale;
The branching lines, where gypsy eld
Had all the course of life beheld;
All—to its little finger’s tip,
Of Nature’s choicest workmanship,
Their task, their fate, we hardly guess—
But, oh, may it be happiness!”—*Coleridge*.

15. *Beautiful Mind and Frail Body*.—How often do we see in a child the most beautiful mind in the frailest body. He appears to be too good for this world; as though he were quite ready to throw off his earthly trammels, and “to flee away and be at rest,” and live among his peers in heaven:—

“In the sweetest bud,
The eating canker dwells.”—*Shakspeare*.

16. *Bird’s-nesting*.—In the amusements of a child there is one thing that he ought never to be allowed to do—which is “to bird’s-nest.” “Bird’s-nesting” is a most cruel proceeding—it is a raid upon the defenceless—upon those who cannot help themselves; and cruelty is a vice of all vices the most despicable to be permitted in an innocent child. It is not only cruel, but

it is injurious, as birds eat up the snails, the worms, and the grubs, and thus are great protectors of the garden. Not only so, but birds are sent by God to cheer and to make his people happy, by their glorious melody, and by their exquisite symmetry. Hence humanity, utility, and the love of the beautiful are all at stake in this matter, and demand the attention and authority of a mother towards her child—when his first impressions are the strongest—when, in point of fact, they are never effaced from his memory. The Baroness Burdett-Coutts has done good service in the cause for the prevention of the destruction of birds. Her plea for birds in *The Times* does credit to her heart and to her understanding.

17. *Bitter Words* ought never to be spoken to a child; they are not at all suitable, and are quite out of place to him. Bitter words, if a child be cross, will not sweeten his temper, but, on the contrary, will confirm him in his naughtiness. The only effect of bitter words is to cause bitter opposition. Bitter contention, oft repeated, leads to bitter results, and will ruin the sweetest disposition—

“But hushed be every thought that springs
From out the bitterness of things.”—*Wordsworth*.

St. Paul exhorts husbands not to be bitter with their wives; I, with all humility, exhort a

mother *never* to be bitter with her children. Bitter words rankle in the mind, are seldom forgiven, and are never forgotten. Bitter words, like evil weeds—like the bindweed, for example—crop up when least expected, and are seldom thoroughly eradicated.

18. *Boarding-school*.—One great objection to a boarding-school is, that one bad boy may contaminate the whole school, as “one rotten sheep may infect the whole flock,” or as “one rotten egg may spoil the whole pudding.”

19. *Book-learning*, for a child, is like pouring water into a sieve—it runs out as fast as you put it in; but observation-learning is far otherwise,—observation teaches a child many valuable lessons, which are often remembered for his lifetime. The habit of observation, then, is a good one; that is to say, a mother ought to teach her child to have his eyes open, to see everything that he ought to see. Observation-learning for a child will beat all the book-learning in the world! Mr. Kennaway, M.P., in a speech at the Newton Agricultural Society, very truly remarked: “There was a great disadvantage in a boy not remembering what he had learnt at school, but what had been learnt in the first ten years of a boy’s life often went from his mind altogether after he had begun to work.”

20. *Botany*.—A child should early be taught the rudiments of botany. Botany is good for the health of his body, of his morals, and of his mind. It is good for his bodily health; it strengthens his body; it gives him exercise and occupation, and keeps him in the open air. It is good for his moral health; it purifies his morals; it teaches him, by example, the laws of goodness and of kindness—as taught by God himself, who gives him such beautiful things as flowers, and “all things richly to enjoy.” It will make him look up from “nature’s works to nature’s God.” It is good for his intellectual health; it expands his mind, without weakening his brain, for it is only the rudiments, and not the abstruse science of botany, that he should learn; it will disclose to him an admirable adaptability of parts, the blending together of exquisite colors, the shapings of perfect symmetry, the clothings of the finest fabrics imaginable. How beautifully Harvey, in his “Reflections on a Flower Garden,” tells all this! He says: “What colors, what charming colors, are here! These, so nobly bold; and those so delicately languid. What a glow is enkindled in some! what a gloss shines upon others! In one, methinks, I see the ruby, with her bleeding radiance; in another, the sapphire, with her sky-tinctured blue; in all such an exquisite richness of dyes, as no other set of paintings in

the universe can boast.* With what a masterly skill is every one of the varying tints disposed! Here they seem to be thrown on with an easy dash of security and freedom; there they are adjusted by the nicest touches of art and accuracy. Those which form the ground are always judiciously chosen so as to heighten the lustre of the superadded figures; while the verdure of impalement, or the shadings of the foliage, impart new liveliness to the whole. Indeed, whether they are blended or arranged, softened or contrasted, they are manifestly under the conduct of a taste that never mistakes—a felicity that never falls short of the very perfection of elegance. How inimitably fine is the texture of the web on which these shining textures are displayed! What are the labors of the Persian looms, or the boasted commodities of Brussels, compared with these curious manufactures of nature! Compared with these, the most admired chintzes would lose their reputation; even superfine cambrics appear coarse as canvas in their presence.”

* “Who can paint

Like nature? Can imagination boast,
Amid his gay creation, hues like these?
And can he mix them with that matchless skill,
And lay them on so delicately fine,
And lose them in each other, as appears
In ev’ry bud that blows?”—*Thomson.*

21. *Boys ought never to be allowed to Sleep with Servants.*—Many a pure, innocent boy has had his body weakened and his mind corrupted for life by this practice being allowed. Every boy and every girl should have a separate bed. Some wiseacres might assert, "That it is perfectly harmless for a boy to sleep with a servant—that there is no danger in it." I say that there is a risk of evil consequences, as my professional experience abundantly testifies. Some boys are most precocious—painfully so, and their passions—young as they are—are readily fanned into a flame by the fondling of an ignorant, unprincipled servant, and which, at their tender age, is most disastrous. The above advice ought never by mothers to be disregarded. This note of warning ought to have been sounded long ago; but, alas! there is a great dearth of literature upon these most important subjects. I have devoted a life to them, and to those of a cognate nature. The marvellous success that has crowned my efforts prove that I have not written in vain, and how much such works were needed. Some silly persons might gabble that such subjects as these ought not to be made public; but how, if they are not made public, can such evils—evils of a lifetime—be rectified? As the evil really exists, it is better to look it boldly in the face, and, by showing its ill consequences, to do away with such practices.

22. *Bravery*.—A child should be encouraged to be brave, but not to be foolhardy and to run into unnecessary danger. Fear—wholesome fear—is necessary to keep a child, and every one else, out of danger. Fear, like pain, if kept within proper bounds, is most useful. A child, if it were not for fear and for pain, would, every hour of his life, be running into difficulties and dangers. Many a mother declares that her child does not know what fear is! Such a mother and such a child are deeply to be pitied; they both require a sensible nurse to look after them! Do not let me be misunderstood. I do not mean that a child should be made timid—certainly not—that would be as bad as making him fool-hardy. There is a medium in all things. A child requires constant supervision and attention—not constant interference and meddling. Bumps, thumps, and tumbles he must, in this rough world, have in abundance. They will do him no harm, but rather good, as they will make him hardy. They ought not to be heeded, but should be laughed at, an appeal being made to his courage—that he is a brave little man, and does not mind trifles; but there is a difference in all these knockings about, and in allowing him, for instance, to swing over banisters, and to play with knives, and swords, and bayonets, toy-cannon, and fire-arms, as some over-indulgent mothers allow their unfortunate

children to do. A fool-hardy parent should bear in mind that a child "is not so soon healed as hurt."

23. *Bully*.—A child who is a bully is most disagreeable, and is hated by his companions. A bully is generally a coward, wreaking his temper and his vengeance on the weak, on the defenceless, and on the dependent. A child who is a bully, and a child who is brave, are characters as far asunder as the antipodes. If a child show any symptoms of being a bully, such symptoms should be nipped in the bud; and the only time it can be done is in childhood, before the habit has been confirmed. A great deal might be done by a judicious mother in checking her child's tendency of becoming a bully. If a child be allowed to grow up a bully, he will become a cruel tyrant—one to be both avoided and dreaded—a pitiless master, an exacting husband, and an unmerciful father. "A brave man is sometimes a desperado; a bully is always a coward."—*Haliburton*.

24. *Busts*.—Many of the girls belonging to the fashionable class of society have scarcely any busts—the glands of the breasts not being properly developed. What is the cause of such a deficiency and such a deformity, and what is likely to be the result? *The causes* are, in addi-

tion to pressure from tight corsets, the want of active exercise and of useful occupation, and the artificial life they lead. What are the occupations of a fashionable young lady? Fancy needle-work, practising on the piano, reading sensation novels, and turning night into day! Are such occupations as these likely to develop the figure, and to make the frame healthy, comely, and strong? There can be only one answer to such a question, and that is—No. *The result* of the busts of girls not being properly developed is, that when they are married and become mothers, they themselves will most likely not be able to suckle their children. Compare their busts with the busts of domestic servants: the latter do what God intended every one should do—energetically use their limbs, their muscles, and their sinews. Idleness in this world cannot with impunity be tolerated. The penalties of idleness are—discontent, disease, wastings, and deformity, and which will assuredly, in due time, be paid to the very uttermost. I do not intend to say that every girl is to turn domestic servant; although if she does make her own bed and tidy her own room, I do not think that she would be any the worse for doing so; yet, although she is not to turn servant, I do mean to affirm that every girl, let her station be ever so exalted, should go through as much exertion as a servant; that is to say, she ought

to ride on horseback, to swim, to skate, to play croquet, to try her skill at the target, and, above all, *to take an abundance of walking exercise.* These are some of the means to improve her figure, her health, her beauty, and her happiness. A rich girl is oftentimes to be pitied; she has to pay the penalty of her position—of having been born in a fashionable circle, where occupation and making one's self useful is considered horridly low and vulgar, and fit only for poor people! If active exercise and useful occupation be only fit and suitable for persons born in the lower ranks, such persons have, for having been born poor, abundant cause for gratitude and rejoicing, and ought, in consequence, to be perfectly satisfied with their lot:—

“For Satan now is wiser than of yore,
And tempts by making rich, not making poor.”

25. *Careless Mother.*—It is sad to hear a mother try to excuse herself for her carelessness. If she have, for instance, allowed the nurse to put on her child unaired clothes or damp shoes, and he, in consequence, suffers from a severe attack of bronchitis, it is folly for her to attempt to excuse herself by putting the blame on the nurse; she, and she alone, is the one to be censured for her gross dereliction of duty. Carelessness causes almost as much misery as sin; indeed, it is, in my opinion, a species of sin. Much of the trou-

bles in this world may be put down to the score of carelessness ; but really many people have not heads at all, but simply wool-gatherings. If a mother will not herself look well after her own flesh and blood, she must not expect a menial to do so.

26. *Careless Nurses* are made careless because the mistresses—the mothers themselves—are careless. If a mother care but little to look after her own child, is a hireling likely to care more? The fault, then, as a rule, is not so much with the servant as with the mistress. There is nothing like going to the fountain-head for the cause! “It grieves me to observe and consider how many poor children are daily ruined by careless nurses ; and yet how tender ought they to be to a poor infant, since the least hurt or blow, especially upon the head, may make it senseless, stupid, or otherwise miserable for ever!”—*Steele*.

27. *Carelessness*.—If we were to attribute very many of the illnesses of a child to a mother’s carelessness, we should not be far wrong, as the majority of the illnesses of a child are due to carelessness ; and if to carelessness—to a mother’s carelessness ! Such a mother might say : “I am not going to be a slave to my children ; I employ proper servants to look after them.” I reply : Looking after your own children is not slavery,

but your duty ; and as to proper servants to perform a mother's part—a mother's duty—where are they to be found ? But as it always has been, so it now is, and so to the bitter end it ever will be, punishment, as a matter of course, follows in the wake of carelessness. Carelessness is disgraceful in a mother ; indeed, I will go so far as to say, that carelessness in a mother is criminal ; but, unfortunately, the poor innocent child has to suffer for his mother's carelessness ! The innocent in this world have frequently to suffer for the guilty !

28. *Ceaseless Action*.—A child, when not asleep, may be said to have nearly attained ceaseless action—perpetual motion ; for he is scarcely ever, when awake, for one moment still ; and well he should be so ; he has organs, and muscles, and nerves, and sinews, and bone, all requiring active exertion to bring them to perfection. A child is said to be as full of antics and of grimaces as a monkey ! Now, all this is wisely ordained ; for if he were to stand still, his frame would soon stand still, and shortly cease working altogether ! How graphic, how true, how beautiful are the following lines of Cowper :—

“ By ceaseless action all that is subsists,
Constant rotation of th' unwearied wheel,
That Nature rides upon, maintains her health,
Her beauty, her fertility. She dreads
An instant's pause, and lives but while she moves.”

29. *Chance* ought never to enter into a mother's calculations. What has a mother to do with chance? If things appertaining to a child be left to chance, woe betide the unfortunate little one? If he be left by his mother either to the tender mercies of a servant, or to take care of himself—to chance it—the chances are that he will soon get into difficulties and dangers, and the mother into troubles and anxieties. Chance in the bringing up of a child will never answer. It is a sacred and onerous duty to rear a child aright, and unless the mother herself devote her best energies to him, she does not do her duty—she does not deserve the precious treasure God has entrusted to her.

30. *Change of Air* is necessary to all—to a child especially. There is nothing like occasionally getting out of the groove, and seeing fresh scenes, fresh places, and fresh faces. The paper on the nursery walls, being constantly seen, becomes monotonous. A child benefits amazingly by change of air; you may depend upon it, that it is often the best physic, and the most pleasant you can give him. Not only so, there is nothing like letting him see a variety of life—making him, as it were, a citizen of the world; it expands his mind and his ideas, which would otherwise be contracted and bigoted; it rubs off rust, and makes him bright and cheerful. When

a child is not ill, and yet not quite well, change of air will usually, as if by magic, set him all to rights again, and will bring light to his eyes, color to his cheeks, and elasticity to his step.

31. *Characteristics of Health*.—A cool hand ; a clear eye ; a clean tongue ; a clear, ruddy complexion ; a sweet breath ; a cool, moist lip ; a merry face ; a gentle breathing ; a dreamless sleep ; a good appetite ; an elastic step ; an upright bearing—all denote the health of

“A simple child,
That lightly draws its breath,
And feels its life in every limb.”—*Wordsworth*.

If children be healthy, their sleep is usually dreamless ; or, if perchance they dream,

“Bright are their dreams, because their thoughts are clear.”
Keble.

An elastic tread is a great sign of health ; when a child is in perfect health, it might be said that his

“feet have touched the meadows,
And left the daisies rosy.”—*Tennyson*.

32. *Cheery Words* in the morning—the moment a child awakens—are good for him ; they often make him bright and happy for the rest of the day. There is nothing like a good beginning ; it is more than half the battle. “Good words cost but little, and are worth much ;” they

are, especially the first thing in the morning, and, let me add, the last thing at night, most precious. If we have a good beginning and a good ending, the chances will be that the remainder of the twenty-four hours will wear the same bright complexion.

33. "*Chewed, Swallowed, and Digested.*"—Food ought not to be swallowed until it be well chewed; and if it be well chewed, the chances are it will be well digested, for if food be well chewed before it be swallowed, it is more than half-digested! If food be not well chewed, the stomach has more than double duty to perform—its own duty and the duty of another—of a mill, which it was never intended for, and, consequently, the grinding and triturating process is not duly performed—the results being indigestion, flatulence, and pain.

34. *Child a Comforter.*—Whenever a father or a mother is in trouble, a child is the best comforter. There is nothing like resorting to the nursery to drive trouble away. The sweet converse of a child, his prattling, coaxing little ways, his merry laugh, and his sunshiny face, are the best earthly antidotes for trouble, and will

"The sullen brow of gloom beguile."—*Keble.*

35. *Child's Evening Parties.*—What is the world coming to? when children are made men and women of, when invitations come to them, addressed “Mr. So-and-so,” and “Miss Thing-a-me-tight,” with an intimation on the card or note—“Coffee at 7,” and “carriages to be ordered at 12 o'clock;” with programmes of the quadrilles, waltzes, etc. etc.! Folly, folly, folly! If fathers and mothers choose to make fools of themselves, all well and good, but let them spare their innocent little children from such inane practices, which must eventually lead to affectation and foppishness, to priggishness and puppyism, and which must contaminate—and that beyond remedy—their pure and innocent minds. It is quite time enough when they are really men and women to make love to each other; but, when they are little better than babes and sucklings—faugh! it is sickening and disgusting! Such parents to encourage such folly are more fit for lunatic asylums than to be at large! But are there, then, to be no children's parties! Certainly there are; but let them be really children's parties; where they may romp, riot, laugh, dance, and shout to their heart's content—as little children should do—playing at hunt-the-slipper, hide-and-seek, dancing, and singing any nursery song—suiting “the action to the word, and the word to the action;” and where plain viands, fit for a child's stomach, are pro-

vided, without the abominable and senseless custom of children drinking wine, and other fiery fluids; where they meet at 4, and leave not later than 8 o'clock; so that their usual sweet and refreshing sleep be not in any way interfered with. Such *evening* parties (not *night* parties) will do great good, and will make children very happy, and will not leave a sting behind them, as the present fashionable children's parties assuredly will do! There is one precaution I wish you to bear in mind, namely, a child should not, at an evening party in the spring, and summer, and autumn, be allowed to be, with thin shoes, on the damp lawn; indeed, lawns in the evening are nearly always damp, and, therefore, should at such times be, by children, avoided altogether. Many a dangerous illness, such as either rheumatism, or sore-throat, or bronchitis, has frequently, by such an indiscretion, been brought on. I may here state, as an additional reason why the above advice should be strictly followed, that rheumatic fever in a child is apt to cause heart disease; which, although it might not kill him outright, might, for the remaining portion of his life, seriously mar his health, happiness, and usefulness.

36. *Childhood's Hour*.—When a child, just before going to bed, is having his romp and revelry, it is a good plan for his mother to play

the while some lively tunes on the piano that he might dance to ; for instance, the noted ditty of "Here we go round the mulberry tree," and other celebrated nursery songs of that class, having partners—the more the merrier—to join in their uproarious dance, until

"The mirth and fun grow fast and furious."—*Burns.*

Thus adding much to the zest of the hour's revel, and increasing the chances of sweet and refreshing sleep following in the wake. The father, too, might assist much in the jollity of the hour, if during that short period he will come off his high stilts and romp and riot as though he were a boy again—

"Ah, happy years ! once more who would not be a boy."
Byron.

A father might say, "If I were to be seen frisking, and dancing, and capering about with my child, people would say that I were mad. I reply, What does it matter if they do? If making the child, and the mother, and the father himself happy, and thus making them healthy—for happiness tends to health—be madness, such madness is much to be desired. There is, in a case of this kind, one consolation for a father, namely, the most sensible and rational persons are often considered by the world to be mad ; more especially if they do not, like a flock of sheep, follow the leader, or if they once go

out of the old grooves of prim propriety, of stiffness, of fashion, and formality.

37. *Childlike Child*.—A child should be a child—childlike. It is a disgusting sight to see, as we often do, little children made men and women of, and instructed in worldly lore, in worldly policy, and in worldly wisdom. The time will come—alas! too soon—when they will be no longer children, when the world's mildew will taint their pure minds, and blot their spotless innocence! The evil day should be put off as long as possible, and not hastened on, as it now too frequently is. A mannish boy—a man before his time, one who gives himself the airs and consequence of a man—who apes the man—is a melancholy object, a disgusting little creature, and is disagreeable to every one connected with him.

38. *Children should be Children*, and not made men and women of, as many silly parents make their children. Children cannot be kept too simple in their manners, in their habits, and in their tastes.

39. *Clean Clothes* are a great adornment of a child—the greatest you can give him. There is nothing more beautifying to a child, and to every one else besides, than an abundance of

clean linen. Beau Brummel, being once asked, Which is the best cosmetic? replied, "Clean linen, and plenty of it." Of course, clean linen ought to have a clean skin underneath it, and the skin can only be kept clean by a thorough and daily ablution. The combination, then, of clean linen and of clean skin is, especially in a child, one of the greatest beautifiers in the world. It is not only one of the most charming, but it is, at the same time, one of the most healthful cosmetics. But health itself has a beauty of its own, which is, indeed, most beautiful! A mother, then, who is anxious to have a beautiful child, should look well to his health—it should be her primary consideration.

40. *Cleanliness*.—Let a child be early taught cleanliness. Do not let me be misunderstood—there is a season for a child to be dirty, as well as a time for him to be clean. When for him to be dirty? When he is at play, with his proper play-clothes, and with his thick boots on. Then he should be allowed, like a poor man's child, to run into the mud, to make dirt-pies, to play at marbles, to run at hare-and-hounds, or any other innocent play he choose to play at—the rougher and the dirtier the better! When for him to be clean? As soon as he enters the house, and has his hands and face washed, his dirty boots changed for clean shoes,

and his better clothes put on—then all must be changed, and he must be made to understand that he must now be as clean as a pink—cleanliness in the house being the characteristic mark of a gentleman. A little wholesome discipline and restraint—as taught by these lessons—will be good for him. It is well for him to know that circumstances alter cases, and the earlier he is taught this lesson the better it will be both for his health and happiness.

41. *Coddle*.—Do not bring your child up to be a coddle; a coddled child is sure to be a delicate child. Give him as few wants as possible, and those of the simplest kind. Many wants, and those gratified, make a slave of a boy! Simplicity, common sense, and nature should be a mother's three watch-words! There is nothing like simplicity, common sense, and nature. Simplicity in living, simplicity in amusements, simplicity in everything. Common sense to guide, and if common sense, to take nature as your guide, and then you are sure not to go far wrong. Nature and common sense point out what ought to be done, and what ought not be done; but really in this world, luxury, fashion, and folly are so rampant, that simplicity, and nature, and common sense have the cold shoulder given to them, and are thrust into the shade;

but they will, of a surety, sooner or later, have their revenge!

42. *Common Sense*.—To know when to act, and when to sit still and to do nothing, is, in the rearing of a child, a grand desideratum. Common sense, like any other sense, may be cultivated, and may be induced, in due time, to bring forth good fruit; but, unfortunately, common sense is often allowed, in the management of a child, to be choked up with the weeds of ignorance and of prejudice.

43. *Companionship of a Child*.—There is something very instructive in the companionship of a little child; there is much to learn from him, before the world has taught him to disguise his thoughts and his feelings. There is something very charming in the companionship of a little child; it is fresh, and sweet, and wholesome. There is something very amusing in the companionship of a little child; in his opinions of the world and its belongings—which he freely utters without hesitation or reservation. Truly a child is the best of companions. “The man who never tried the companionship of a little child has carelessly passed by one of the greatest pleasure of life, as one passes a rare flower without plucking it, or knowing its value.”—*Hon. Mrs. Norton*.

44. *Complexion*.—The complexion of a child is a great indication of his health or otherwise. If a child's complexion be thick and sallow, depend upon it that his stomach and liver are out of order. The complexion is the barometer of health, and tells as truly the state of the stomach and liver as the mercury tells of the weather. The complexion of a child, if he be healthy, should be that of David, King of Israel, who "was ruddy." A ruddy complexion, then, in a child is a great sign of health.

45. *Confidence*.—A mother should endeavor to gain her child's confidence. But how is this to be done? By joining in his games; by entering into his plans; by listening to his little secrets—for all children have secrets; by never wearying at his prattle; by solving his doubts; by answering *all* his questions; by being at oneness with her child; by the mother herself becoming a child again.

46. *Conscience* is a monitor in the breast of every human being, and should, in a child, be especially cherished and cultivated. He should have the conscience to feel that it is innately wrong to be cruel to a dumb animal; that it is wicked to tell a lie, or any approach to one; that it is unamiable to be unkind to any living being—especially to a brother or sister. A

mother, then, should be very tender towards the conscience of her child; for the voice of conscience is very easily silenced, and if once silenced, is very difficult to make speak loud again, except in a faint whisper—

“Yet still there whispers the small voice within,
Heard through Gain’s silence, and o’er Glory’s din :
Whatever creed be taught, or land be trod,
Man’s conscience is the oracle of God !”—*Byron*.

47. *Consideration*.—Young people ought early to be taught consideration for the feelings of others—not to give unnecessary pain; and, if they have to tell the truth—which they ought always to do—“to speak the truth in love.” How many estimable people there are who are unjust to themselves from boorishness, from roughness, from bluntness, from a propensity they have to always rub the fur the wrong way. They do not mean to be unkind—they may be full of the milk of human kindness; but they have the manner of being unkind, which, with many people, is as bad and as unpleasant as the reality itself. A mother, then, should early teach her child consideration for others; it is a valuable lesson, and cannot be too early taught.

48. *Constitutional Walk*.—Few children like to walk for the sake of walking, however beneficial it might be to their health. Give a child

an object for walking: send him out, for instance, that he might gather wild flowers for his mother, or groundsel for his canary, or dandelion for his rabbits—arming him with his little spade and with his basket for the purpose; or give him some message to a neighbor—the nurse, of course, seeing that it is properly delivered. Let him have an object in view—something to think of, and something to interest him, to make him a bright, intelligent, little fellow, one who has his wits about him, and not a maundering blockhead! A mother will greatly enhance the pleasure of a child's walk, if, on his return, she let him notice that she takes an interest in it; if, for instance, she ask him what he has seen, and what he has observed. Moreover, such conversation will encourage observation, and observation will teach a child more useful knowledge than books possibly can, or ever will do; indeed, observation is the principal book for a child to read. Some children are like grown-up people, they have “eyes and no eyes”—eyes to see, but not to observe—for there is a mighty difference between seeing and observing! Now, a mother should teach her child to observe as well as to see—to make a habit of observation—even from his early childhood. Observation or no observation are the principal reasons whether a child be bright or stupid!

49. *Contentment*.—A child teaches grown-up people many valuable lessons; he is, for instance, almost always happy, joyous, and contented; he can sing with the poet,—

“A fig for care, and a fig for woe.”

He can make the shortest, gloomiest day of December as long and as bright as the 21st of June; indeed, Wordsworth asserts that he can make one day as long as twenty—

“Sweet childish days that were as long
As twenty days are now.”

One of the grand characteristics of a child, then, is—content; and a splendid quality it is, and one of the most useful of all virtues. A child has it in the greatest perfection; he is content with simple pleasures, and cares not a straw for the pomps and vanities of this world. The Arab of the Streets, who has no bedroom but a railway arch, and no pillow but a brick, often sleeps more soundly, sweetly, and contentedly than the rich man in his costly, spacious chamber, on his pillow of eider-down. And why! Because the former has the blessing of content; while the latter, the curse of discontent—

“Such sweet content, such minds, such sleep, such bliss,
Beggars enjoy when princes oft do miss.”—*Greene*.

Keble's description of an emblem of Contentment is exquisitely beautiful:—

“ See the soft green willow springing
 Where the waters gently pass,
 Every way her free arms flinging
 O'er the moist and reedy grass.
 Long ere winter blasts are fled,
 See her tipp'd with vernal red,
 And her kindly flower displayed
 Ere her leaf can cast a shade.

“ Though the rudest hand assail her,
 Patiently she droops awhile,
 But, when showers and breezes hail her,
 Wears again her willing smile.
 Thus I learn Contentment's power
 From the slighted willow bower,
 Ready to give thanks and live
 On the least that Heaven may give.”

There is the bitter of discontent in the cup of every human life, which some people drink even to the very dregs. Discontent is the lot of man, for

“ Man never is, but always to be blest.”—*Pope*.

Hence the importance of eradicating discontent in childhood—the only time it can be eradicated.

50. *Contradiction*.—A child ought never to be allowed to contradict his mother, as some silly mothers permit their children to do. A mother should never argue with her children, as arguing is sure to lead to contradiction—and contradiction is loss of power and authority. Now, if a mother once lose power and authority, her reign is at an end, and anarchy and confusion in the household will reign triumphant.

51. *Courtesy*.—A child should be early taught courtesy. Courtesy is a letter of introduction, and is most charming. It is one of the characteristics of a gentleman ; indeed, a man cannot, unless he be courteous, be a real gentleman. A rude, clownish child is most disagreeable and unlovable, and is likely to grow up a churl. There is still a higher motive why a child, and every one else, should cultivate this virtue—we are enjoined by St. Peter to “ love as brethren, be pitiful, be courteous.”

52. *Cross Child*.—When a child is unusually naughty and cross, the chances are that he is not well, and, instead of punishing him by keeping him at home at his lessons, let him have a run and a romp out of doors, and, if possible, in the green fields. The exercise, fresh air, the sweet-smelling turf, and amusement, will generally drive away all irritability of temper, provided there be nothing seriously the matter with him ; if there be anything the matter with him, medical aid should at once be sought. If a child be cross, ten to one his stomach is out of order ; for, if he be well, it is not natural for him to be cross. A mother should look to it, and see if she can find out the cause, and ascertain whether he have eaten anything that has disagreed with him ; whether his bowels be opened, and whether the motions be of a good color and consistence. The

examination of a child's motions often gives a mother the clue to "the right end of the thread" as to the cause of a child's crossness. A mother should remember, as a rule, that the three best remedies for a cross child—whose ill-humor is owing to a disordered stomach—are (1) care in diet, (2) fresh air, and (3) exercise—nature's physic! A good stomach and good temper are usually inseparable friends, not only in a child, but in every one else besides! If a child be cross, try and find out the cause, and then apply the remedy; but do not add fuel to the fire, by aggravating his crossness—by being cross yourself; if you do,

"You rub the sore,
When you should bring the plaster."—*Shakspeare.*

53. *Deceit.*—A child is frequently taught deceit by servants; this is an important reason why a child should not be allowed to be much in their company. A nursemaid often teaches a child to be deceitful—not to tell certain things to his mamma, etc. It is therefore desirable that the mother herself should be his head-nurse; and if this be not practicable, and if worldly circumstances will permit, that she should have the assistance of a lady-superintendent—of one who has seen better days—to overlook the nursery during the necessary absence of the

mother.* Deceit, of course, might be taught by others besides by servants, the world—the fashionable world especially—being full of deceit. Deceit is most venomous; it “stings the soul”:—

“Think'st thou there are no serpents in the world
But those who slide along the grassy sod,
And sting the luckless foot that presses them?
There are who in the path of social life,
Do bask their spotted skins in fortune's sun,
And sting the soul.”—*Joanna Baillie*.

54 *Deceiving a Child*.—Never deceive your child; if you once do, he will never believe you again; and mischief will be done, which years will not repair. Some silly mothers promise their children anything and everything “to make them good” (Heaven help the mark!); never meaning for one moment to fulfil their promise; indeed, in some instances, it would be utterly impossible for them to do so! Now all this is the quintessence of folly! Be cautious, then, in making promises to your child; but, having once promised, perform it to the very letter, for a child is quick in observing and in remembering. Let your word to your child be your bond. Let your child in after-life be able to say: “Although the world has oft, my mother has

* For further remarks on “lady-superintendents,” see one of my other works—*Counsel to a Mother on the Care of Her Children*.

never deceived me!" Verily, a truthful mother is a blessing to her child!

55. *Decision of Character.*—Early instil into your child's mind decision of character. Decision is one of the most valuable and useful characteristics he can possess. Some of the master-spirits of the age owe their proud pre-eminence to decision of character. No man can be really great without it. An undecided character, whatever other qualities he may possess, is sure to be namby-pamby, and he will be useless to himself, and to all around. He is "tossed to and fro, and carried about with every wind of doctrine." He is

"Everything by starts, and nothing long."—*Dryden.*

56. *Deformity.*—A child's deformity is frequently due to a mother's folly. If a mother allow her daughter to wear tight stays, the result is deformity of the trunk; and of high military tapering heels to her boots, wasting of the calves; if she permit her child to wear tight shoes, the effect is, of necessity, deformity of the foot; if she suffer her child to wear tight garters, the consequence is deformity of the leg. All this is not to be wondered at—

"For as you sow, y' are like to reap."—*Butler.*

Fuller justly remarks that "Deformity is either

natural, voluntary, or adventitious, being either caused by God's unseen Providence (by men nicknamed chance), or by men's (or women's) cruelty."

57. *Delicate Child*.—A delicate child is often the most loved of the children. It is a wise ordination of Providence that it should be so; as a delicate child requires more care, more gentleness, more vigilance, more pity, and, consequently, more love, and

"Pity 's akin to love;"

or, as Dryden beautifully expresses it—

"For pity melts the heart to love."

58. *Desperation*.—When people and animals become deperate, their natures for a time change—the timid become brave; the weak, strong; of course, their weakness and strength are both evanescent, and, as soon as their excitement is over, they are weaker and more timid than before; it is like the madman's strength—wonderful, but short-lived—leaving the poor wretch prostrate and powerless! The deer, for instance, driven into a corner turns upon his pursuers; "the dove pecks the estridge" about to pounce upon her young; the timid hen fights the dog attacking her chickens; the nervous man in a burning house plunges desperately into the con-

suming flames; the timid lady, in a sinking vessel, anticipates her death, and dashes headlong into the furious waves—

“ Not a soul

But felt a fever of the mad, and play'd
Some tricks of desperation ; All, but mariners,
Plung'd in the foaming brine, and quit the vessel.”

Shakspeare.

Even the timid school-boy, when put upon by a bully as big again in size as himself, turns desperately upon his tormentor, and dares him to do his worst !

59. *Disobedience.*—An eminent divine once remarked, there is but one sin in the world, and that is disobedience, from which all other sins do spring ! Obedience is the great discipline of the army, a breach of which is visited with condign punishment ; as, without discipline, anarchy and confusion would reign triumphant. The child stands as much in need of obedience as the soldier ; indeed, a child is preparing to be a soldier—he will, in due time, have to fight the Battle of Life, and ought, therefore, to be taught implicit obedience. The little acts of disobedience injure a child's character, as “ the little foxes spoil the vines.” A mother ought, however, to be cautious in the laying down of laws that might press heavily upon her child ; but obedience in important things she should

religiously insist upon, and her dictum must be as "the laws of the Medes and Persians that altereth not." A child ought to be able to say: "My mother has said it, and therefore it must be done." I mean, of course, that all her behests should, although carried out to the very letter, be executed with the utmost gentleness and affection. A child ought to be ruled by love and not by fear; and yet he must be ruled—be ruled "with diligence"—the mother herself being the chief potentate. The Bible, in *Lamentations*, inculcates the necessity of early discipline: "It is good for a man that he bear the yoke in his youth." Fuller quaintly says: "Let thy child's first lesson be obedience, and the second may be what thou wilt."

60. *Do not give your Child Expensive Notions:* it is a mistake to do so; it will induce him to look upon trade as a curse, instead of being what it really is—a blessing; it will make him proud and conceited; it will encourage him, as a child, to live, when a man, beyond his means—which is the cause of so much misery, of so much heart-burning and repining. It is the striving to appear a grade higher in society than one really is, that bankrupts so many estates—pride being at the bottom of it all! Oh, what a cursed thing is pride! Moreover, pride is one of the most expensive of vices! Pride is fre-

quently taught from early childhood ; when it is, it is never, in adult age, thoroughly eradicated ! The human mind is a hot-bed in the rearing of pride ; the seeds of pride, if once allowed to take root, never quit the soil, but flourish in rank luxuriance !

61. *Doctors Three.*—There are no remedies, in many complaints, more efficacious than diet, rest, and cheerfulness ; or, in other words, that oftentimes “the best physicians are—Dr. Diet, Dr. Quiet, and Dr. Merryman.”

62. *Domestic Happiness.*—Unless a married couple have children, they cannot be said to have complete domestic happiness, however happy they otherwise might be ; children are necessary to cement, to consummate, and consolidate domestic happiness. Of course, anxieties and cares attend the rearing of a family ; but you cannot have real happiness—however paradoxical it might seem—unless you have anxiety and care. Those married people who have no children are oftentimes selfish, hippish, and discontented. Children induce an abnegation of self, and are the purest sources of happiness and contentment :—

“Domestic happiness, thou only bliss
Of Paradise that has survived the Fall.”—*Cowper*.

It is even more desirable for a mother to have

a child, and, after a few years to lose him, than never to have had one at all! She is in happier condition than is a barren wife. She has pleasant, although melancholy recollections of the past; she has had the gushings of maternal love; she has had sweet day-dreams of her child's loving ways and of his angelic smile; he "points to heaven, and leads the way."* She might, from the inmost recesses of her heart, sing with the poet:—

"'Tis better to have loved and lost,
Than never to have loved at all."—*Tennyson*.

She looks upon him—

"Not dead, but gone before."—*Rogers*.

63. *Duty*.—There is much comprised in that word—duty, namely, abnegation of self, patience, courage, endurance, truthfulness, and watchfulness. How important, in the case of a mother, is duty! Almost every virtue centres in that one word. How beautifully Wordsworth descants on duty:—

"Stern daughter of the voice of God,
O Duty!
Give unto me, made lowly wise,
The spirit of self-sacrifice;
The confidence of reason give;
And in the light of Truth thy bondman let me live."

* "Allured to brighter worlds, and led the way."—*Goldsmith*.

Shakspeare, too, speaks highly of duty. He says—

“For never anything can be amiss,
When simpleness and duty tender it.”

64. *Early Blossoms*.—Beware of the fruit-tree that blossoms very early ; the blossom is almost sure either to be nipped by the frost, or, if it really become fruit, to be under-sized and flavorless. So with a precocious child—the blossoms of intellect that show themselves at early dawn very often become either weakened for the remainder of life, or are blighted by an early death. The later blossoms make the fine and hardy fruit ; the later indications of intellect, the vigorous and lasting brain. The writings of precocious youthful authors are generally as ephemeral as the life of a butterfly, and often drop still-born from the press ; while the writings of matured middle-aged and old authors frequently live for ages after the authors themselves have been for centuries dead—shining lamps illuminating the page of history ! The intellects of Sir Walter Scott and of Crabbe are said to have been late in coming to maturity ; but, when they did bear fruit, it was ripe and sound, and of excellent flavor. With regard to intellect, it might truly be said—“soon ripe soon rotten.”

65. *Ease*.—A life of ease is oftentimes a life

of misery ; this world was not made for ease, it was made for work, or ease will have to pay heavy penalties—the damages being assessed on health and happiness. Ease flies from the indolent who seek it, but abides with those who seek it not ; it is only those who work that can properly appreciate and enjoy ease :—

“ Like a coy maiden, Ease, when courted most,
Furthest retires—an idol, at whose shrine
Who oftenest sacrifice are favored least.”—*Cowper*.

66. *Eating much Honey*.—It is not well to bring up a child daintily—to cause him to think much of eating : if you do, you will make him an epicure, and, as he grows to manhood, selfish. I do not mean to say that he should not wish to have his food well and properly cooked—that is needful for his health—be the food ever so simple ; but do not let him consider that a good dinner is the *summum bonum* of human enjoyment, and that rich things are to be preferred to plain ones. How much better it is for health and happiness to bring up a child more as a Spartan than as a Sybarite ! Luxurious living grows upon a child, and becomes, in a short time, a very necessity of his existence, and leads him to the belief that he lives to eat, and not eats to live. Many a child has only to cry to gain his point—to obtain whatever he desires ! And does he not cry with a vengeance ? He bellows again and again

until he gain the victory, which he knows by experience he eventually shall do if he will but persevere, and if he will but make noise enough. Parental weakness of this kind is most reprehensible. Such mothers are preparing rods, not only for their own backs, but for the backs of their unfortunate and deeply to be pitied children. It is not desirable, then, for a child to indulge in luxurious living: "It is not good to eat much honey."—*Proverbs*.

67. *Effects of a Merry Heart*.—A merry heart gives a cheerful countenance, and strength to the limbs; while, on the other hand, a sad heart gives a doleful countenance, and weakness to the loins:—

"Jog on, jog on, the foot-path way,
And merrily hent [seize] the stile-a:
A merry heart goes all the way,
Your sad tires in a mile-a."—*Shakspeare*.

68. *Emblems of Beauty, of Sweetness, and Purity*.—What exquisite emblems of beauty, of sweetness, and purity, are given by Shakspeare in the following lines:—

"on beds of violets blue,
And fresh-blown roses washed in dew."

69. *Employment*.—Useful employment is coveted by nearly every one, and by a child

especially. Give a child, then, employment, give him something that is useful to do, and it will make him very happy. Let him assist his mother at any work she is about, it matters little what it is, provided he fancies that it is useful; and if it make him happy, it is useful. Let him help his mother in tidying the room, or in setting straight her work-box, or in any other little matter; or what will be his delight, let him fetch and carry anything that will not tax his strength, and the only reward he will look for will be—thanks and praise from his mother for his being such a clever useful boy.

70. *Example*.—It is foolish and useless—a waste of time—to preach sermons at a little child. A mother's example is far beyond her precept: to teach a child to be gentle, a mother must be gentle; to teach a child to be truthful, a mother must be truthful; to teach a child to be sweet-tempered, a mother must be sweet-tempered; to teach a child the beauty of holiness, a mother must be holy; to teach a child neatness and order, a mother must be neat and orderly; for

“Example says when precept fails,
And sermons are less read than tales.”

71. *Excitement*.—Everything is now-a-days done to stimulate the nerves, and to cause

excitement, and to make the wheels of life whirl rapidly round—at express speed. The speed is terrific, and “the pace it is that tells.” The terminus—the last stage of all—will soon be reached! The fashionable theory is—a short life and a merry one! Stern facts tell that a fashionable life is usually short, but seldom merry! That its flowery path is really full of thorns—a pathway leading oftentimes only but to the grave. Now, it is in early age that excitement is particularly injurious, and, therefore, should be strenuously avoided. A child does not want excitement—he wants simple pleasures—a simple life—simplicity in all things!

72. *Excuses.*—When a child has done wrong, encourage him to tell the truth, and not to make any excuses. A prevaricating, excuseful child, is a sorry sight; so different to an open, candid, little fellow—to one who, when he has committed a fault, or who has carelessly broken anything, takes the full blame upon himself, and makes no mean excuses about it, but is as open as the day,—such a child is likely to make every inch a man!

73. *Exercise and Fresh Air.*—Many people, I am quite sure, owe their good health to their good legs, and to their good use of them. Woe betide those children who do not exercise their

legs as they ought to do—ill-health, both of body and of mind, is sure to be their portion. Why, some children are little better than fixtures, they seem for hours together to be almost glued to their seats! Such young people are usually nervous and dispirited, pale-faced, and flabby, and well they might be. There is no chance of their being really in better health until they take nature's physic—an abundance of exercise and of fresh air; these remedies being as essentially necessary for the mind as for the body; indeed, what strengthens the one, strengthens at the same time the other. The wearing out of plenty of shoe-leather is the best physic in the world, both for a child and for an adult!

74. *Faith in Mother.*—A child should be so brought up as to have unbounded faith in his mother. He should have the feeling that it is utterly impossible for her to be wrong, to make a mistake, or to tell an untruth. But then a mother must deserve the unswerving faith of her child,—she must “walk circumspectly;” she must be vigilant; she must be consistent; she must mete out even-handed justice; she must be truthful; she must insist upon implicit obedience; she must be firm and yet gentle—a gentle manner having a great power and influ-

ence, not only over a child, but over every one else besides.

75. *Fashionable Mother*.—A fashionable mother giving up her tender, helpless child to the care—save the mark!—of a menial, in order that she may the more freely and fully enter into the vortex of fashionable life, is a melancholy spectacle; but a reckoning day is at hand—the Nemesis, although he might be slowly, yet is surely, doing his work, when she will be most severely punished—which she will richly deserve—for her gross neglect, for her unnatural conduct, and for her unpardonable dereliction of duty.—“A child left to himself bringeth his mother to shame.”—*Proverbs*.

76. *Father and Child*.—It is a great delight to a child to have his father to play with him—more especially if he be a father that can enter into his games and into his fun, and who does not think it derogatory to go on all fours, and be, for the nonce, his horse—he receiving, during the time he is a horse, a few lashes from the whip and a few pokes from his son’s knees, to keep up the illusion of horse and rider! This will be glorious fun for the child, and will make the boy love the father with, if possible, increased love. A father is strong in the arms, and while singing the celebrated ditty of

“ Here we go up, up, up,
Here we go down, down, down,
Here we go backwards and forwards,
Here we go round, round, round”—

he can “suit the action to the word, the word to the action,” and give it full effect; this will be charming both to father and child—to the father quite as much as to the child. Nearly every part of the father’s body—his shoulders, his back, his arms, and legs—will be put into requisition and into active exertion, and will do far more good than any gymnastic exercise whatever. Speaking of such a father, we might with truth say—

“ He will not shun, who has a father’s heart,
To take in child’s play a childish part;
But lend his sturdy back to any toy
That youth takes pleasure in, to please his boy.”

77. *Father devoting a portion of each Day to his Child.*—A father should devote a portion of each day to his child—to be his playmate; to gain his affections; to win his confidence; to ascertain the bent of his mind, of his genius, and of his capabilities; to lead him into the paths of virtue; to warn him of the pitfalls that beset his path; to be, in point of fact, at oneness with his child—his friend, his play-fellow, his counsellor, his sympathizer, his guide. Oh! if a father did but know the immense power he could have in wielding the future

destinies of his child, either for good or for evil, the above advice would not be given in vain.

78. *Fathers' Duties*—ADVICE TO FATHERS THEMSELVES.—Much bad and dangerous advice is given to boys, reaching puberty, by their companions; it is like the blind leading the blind—they blunder in the dark. Boys, unfortunately, talk much of these matters among themselves, and do, in consequence, great and lasting injury to each other. Now, there is no one so proper to give counsel to their sons in such matters as these as the fathers themselves; but, unfortunately, the fathers themselves are silent on such subjects, having a natural repugnance to enter into such matters with their children; hence the necessity of the few hints, addressed to fathers, I am now about to offer—the subject being one of vital importance to the whole human family:—A father, then, when his son is attaining, or has attained, the age of puberty, has important duties to perform. Let a father at this time drop his fathership, and become, for the nonce, an elder brother. Let him try and gain the confidence of his son, and let him tell him at this period of his existence (when his passions are strong and his reason is weak) of the great importance to him of purity in thought, and word, and deed; that the indulgence of his passions is not at all necessary

either to his health or to his real happiness; and that some of the finest characters and healthiest men that have ever lived were chaste as virgins! A youth indulging in hot feather beds, in hot rooms, in luxurious living, in stimulants, and smoking, are each and all provocative to fan into a flame his evil propensities—his lustful proclivities—and ought, therefore, to be strenuously avoided. If the above few lines of advice which I have taken the liberty of addressing to a father be followed, how much misery may be averted, and how many a noble boy may be saved from destruction! My professional experience in such matters convinces me of the importance of my subject, and how culpable I should be in allowing this opportunity to pass without one word of caution. I have been requested by friends, whose judgment I much value, to write a book expressly on the subject—it being one of paramount importance; but perhaps the few sentences I have just written may draw the thoughtful attention of fathers to its need, and be, for the present, sufficient for the purpose.

79. *Faults*.—If a child have committed a fault, tell him kindly of it, in order that he may not repeat it; but do not be always twitting him of it. If a child have been reprov'd, the fault ought then to be considered as con-

done, and should be forgiven and forgotten: it is a shocking practice to reopen a wound that has once been healed! It is said that out of ten faults in a child nine of them are probably of such trifling import—so venial—that they should be overlooked, not observed; for if a mother choose to notice a fault, she must see that it be rectified, otherwise her authority will be at an end—she must *always* be obeyed: this is a cardinal point, and admits of no exception. Do not, then, be always fault-finding with your child; it ruins his temper, and injures his health, and keeps him in a continual worry. A child requires gentleness and direction, and not to be on every occasion sharply taken up. If he be naughty, ten to one but that he is poorly, and requires fresh air and exercise instead of a scolding. A fault-finding mother is a perpetual blister to a child, and is quite as irritating! A child who is always being found fault with takes a dislike to his home, and to all about him. A child who is constantly being found fault with is deeply to be pitied; he becomes in time a poor spiritless little fellow—his face and manner proclaim to all around that he is snapped. Besides, “if we had no faults ourselves, we should not take such pleasure in observing those of others.”—*Roche foucault*.

80. *Faults are like Weeds*.—If a child's faults

are to be eradicated, they must be rooted out in childhood, as weeds must be uprooted in the spring; if faults be allowed to grow until manhood, they, like the weeds in summer, will take deep root, and will be difficult to remove:—

“Now, ’tis the spring, and weeds are shallow-rooted,
Suffer them now, and they’ll o’ergrow the garden,
And choke the herbs for want of husbandry.”

Shakspeare.

81. *Fear*.—There is one person in the world that a child never fears, namely, his mother. However he might fear others—and with some persons he is as fearful as a hare—he never fears her! and why?

“Perfect love dispels all fear.”

82. *Feather-bed Life*.—A feather-bed life is not suitable either for a child or for any one else. This is a rough world, and those inhabiting it must be able to rough it—they will sooner or later be obliged to do so. And yet, notwithstanding its discomforts and its buffetings, a man, prepared from childhood for the conflict, comes out of the affray refreshed and strengthened—battling with the world is a bracing tonic! It is well the world should be rough; if there were no storms, the air would be stagnant, and thus become foul and unhealthy; so, in like manner, if there were no conflicts, life

would be tame, and thus become insipid and spiritless. A feather-bed life would be as full of thorns as a bed of roses, and about as desirable. No, the world was never made for luxury; those who try it will soon find out their mistake, as they will have to pay the penalties in delicacy, in disease, and death.

83. *February Face*.—Our winters in England do not really begin in earnest until either January or February; indeed, in February we are generally in the thick of the fight, when frost and snow, wind and rain, storm and tempest, do abound. A child who is doleful and melancholy looking (what right has a child to be doleful and melancholy?) may truly be said to have “a February face:”—

“Why, what’s the matter,
That you have such a February face,
So full of frost, of storm, and cloudiness?”

Shakspeare.

The face of a child, instead of being a February face, should be an April face—bright and cheerful, full of smiles, with occasional tears—sunshine and showers—fit emblem of an April day—

“The uncertain glory of an April day.”—*Shakspeare.*

84. *Feeble Parents have usually Feeble Children*; diseased parents, diseased children; ner-

vous parents, nervous children—"like begets like." It is sad to reflect that the innocent have to suffer, not only for the guilty, but for the thoughtless and for the inconsiderate. Disease and debility are thus propagated from one generation to another, and the English race becomes woefully deteriorated. The above is a gloomy picture, and demands the efforts of all who love their country to brighten its sombre coloring. A mother, who has either a delicate son or a delicate daughter, ought never to allow—if she have the power to prevent it—such son or such daughter to marry. It is a sin to propagate a diseased or delicate race! A mother should use her influence with her daughter, and prevent her from marrying any one who is not healthy, or who does not belong to a healthy family. Health, and not wealth, ought always in a contemplated marriage to be the first consideration.

85. *Fleas* in hot weather torment a child fearfully—they are like the *little* worries of life, hard to bear; for, although, as Dr. Wolcott wittily puts it, "fleas are not lobsters," they are much more formidable, diminutive though they be, and should, if possible, be utterly exterminated. I have, in one of my other books, *Advice to a Mother*, spoken on the subject, in addition to which I beg to give you the following advice: Where a child is very much tor-

mented with fleas, it is an exeellent plan to bathe his body, after he has had his regular bath, either with strong rue tea or wormwood tea, or with rosemary tea, or with ehamomile tea—fleas having a great dislike to either of these bitters. Maw's *Insecticide-vicat* is death to fleas, but perfectly innocuous to human beings. Common wormwood (*Artemisia Absinthium*), which in many parts of England grows in waste ground, is an enemy to fleas; a bunch of the flowering herb put into the ehild's cot or bed will, if fleas be present, effectually drive them away. If fresh wormwood cannot be had, dried wormwood powder, which may be proeured of a druggist, will answer the purpose; a little of the powder should be sprinkled on the sheets of his bed or cot.

86. *Flower Garden*.—Every ehild, living in the country, ought to have his flower-garden—a plot of ground that he might eall his own—his very own—that he might, to his heart's eontent, dig and delve, and plant and sow, and do whatever he likes with. It is an exquisite enjoyment to him to dress his own garden; to tend the flowers that he himself has reared; to watch, from day to day, their opening beauties. Every fresh bud, as it is ushered into light, is a fresh source of rejoicing, and hencee of health and of happiness. It is not only eharming to

the child, but it is charming to the parents, whom he takes, not only into his confidence, but by the hand, while he leads them to his favored spot of ground, which to him is a garden of Paradise—and then, with his eloquent and voluble tongue, he pours forth the wonderful qualities of his most wonderful garden! Such scenes as these to witness make the old feel young again! “I look,” says *The Spectator*, “upon the pleasure which we take in a garden as one of the most innocent delights in human life. A garden was the habitation of our first parents before the fall. It is naturally apt to fill the mind with calmness and tranquillity, and to lay all its turbulent passions at rest. It gives us a great insight into the contrivance and wisdom of Providence, and suggests innumerable subjects for meditation.”—Vol. vii. No. 477.

87. *Forgiveness of Injuries*.—A child's mind should be impressed with the following beautiful sentiment: “Write injuries in dust, but kindnesses in marble.”

88. *Fretfulness* in a child should, in every way, be counteracted—not by severity—certainly not, but by gentleness, by firmness, and good temper, and by giving a fretful child—the best of remedies—plenty of exercise, fresh air, and out-door amusements. Fretfulness eats

away the health like unto "a moth fretting a garment." A good-tempered child is usually fat and healthy; while a fretful child is generally lean and sickly. Fretfulness in a child is, as I have elsewhere remarked, often due to a disordered stomach; it is sometimes owing to worms: when either the one or the other be the cause, a doctor must be consulted, who will, by appropriate treatment, soon put fretfulness to the rout. A child, if he be healthy, and if he be well and judiciously managed, ought not to be fretful—he should be the essence of good temper—he should be like a ray of sunshine in the house! But how can a child, who is always being over-indulged, stuffed, petted, humored, spoiled, and coddled in hot and close rooms, be otherwise than fretful? Truly, a sensible and vigilant mother is an inestimable blessing to her child. A frequent cause of fretfulness in a young child is either breeding or cutting of teeth. Now, one of the best remedies for tooth-fretfulness as for stomach-fretfulness, if the weather will admit, is an abundance of fresh air and exercise—nature's choicest remedies! The moral remedies are—love, gentleness, firmness, and patience.

89. *Fruit Season.*—A child, during the fruit season, should be watched, in order to see that he does not slip into the garden, and eat either

unripe gooseberries or *unripe* apples—and for which he has a great partiality. Many cases of convulsions, to my knowledge, have been caused by the remissness of mothers in such matters. But here again, if a mother do her duty, vigilance, day and night, in this, as in almost everything else in the rearing of a child, is much needed; and if she does not do her duty, she must abide the consequences—which are sometimes most fearful!

90. *Gentle Restraint*.—Too much liberty is not good for any one—too much liberty leads to libertinism. A gentle restraint is needful for all—to a child especially; if there be no restraint, it leads to unmanageableness. If the slight fence of restraint be broken down, the roads to license and to rudeness are opened. Although a child might, at certain times, places, and seasons, be wild and free from restraint, and romp, riot, and shout to his heart's content, yet gentle restraint, in a general way, is good for him and for every one else besides. What a bear-garden this world, if it were not for restraint, would be! A gently-restrained child and an unrestrained child are as opposite as the poles. Gentle restraint is in every way necessary for a child—for his intellect, for his character, for his behavior, and for his well-doing in the world. The difference of restraint and non-

restraint is well exemplified in that of two colts; the one broken—gently restrained, and the other unbroken—unrestrained; the one is mild and docile, while the other is wild and wayward, and yet their tempers originally were both equally fiery and unmanageable. Keble, in his *Christian Year*, beautifully expresses the blessedness of restraint in a child:—

“O blest restraint ! more blessed range !
Too soon the happy child
His nook of homely thought will change
For life’s seducing wild.”

91. *Gentle Talking*.—A child is usually very quick of hearing, and is withal a sensitive little creature, and therefore requires to be gently talked to. It is a folly to bawl and shout to a little child as though he were “as deaf as a post,” or as though he were a foreigner: such loud contentious talking only makes him rough, and coarse, and vulgar. The surroundings of a child very much influence his character and manners, and determine whether he shall turn out refined or vulgar—a gentleman or a clown. Uneducated people have a knack of bawling at their children as though they were always in a passion with them; such a procedure makes their offspring very harsh and unloveable. There is nothing like gentleness of speech to every one—to the young especially. Loud and

contentious talking is, like the north wind, very trying. In the bringing-up of children, then, there is no "way but gentleness; gently, gently."—*Shakspeare*. "Be ever gentle with the children God has given you. Watch over them constantly. Reprove them earnestly, but not in anger. In the foreible language of Scripture, 'Be not bitter against them.' 'Yes, they are good boys,' I once heard a kind father say, 'I talk to them very much, but do not like to beat my children—the world will beat them.' It was a beautiful thought. Yes, there is not one child in the circle round the table, healthy and happy as they look now, on whose head, if long enough spared, the storm will not beat. Adversity may wither them, siekness may fade, a cold world may frown on them. But amidst all, let memory carry them baek to a home where the law of kindness reigns, where the mother's reproving eye was moistened with a tear, and the father frowned 'more in sorrow than in anger.'"—*Parish Magazine*.

92. *Ghost Stories*.—It is a disgraceful thing for a nurse, or for any one else, to tell ghost stories to a little child; it is cruel in the extreme; it has often resulted in the most serious and lamentable consequences. Addison, in *The Spectator*, strongly reprobates such a senseless custom. "Were I a father," says he, "I

should take a particular care to preserve my children from those little horrors of the imagination, which they are apt to contract when they are young, and are not able to shake off when they are in years. I have known a soldier who has entered a breach affrighted at his own shadow, and look pale at a little seratching at his door, who the day before had marched up against a battery of cannon. There are instances of persons who have been terrified, even to distraction, at the figure of a tree or the shaking of a bulrush. The truth of it is, I look upon a sound imagination as the greatest blessing of life, next to a clear judgment and a good conscience."

93. *Girls Dressing for a Party.*—When a girl is about going to an evening party, she is often, in bitterly cold weather, sent from a hot dining-room to a cold bedroom to undress and to dress, without a particle of fire in her bedroom grate. Now, this is a frequent cause of severe colds, of bronchitis, and of sore throats. Common sense—the most useful sense in the world—should tell every mother that a small fire in the bedroom grate, in the depth of winter, is absolutely necessary to prevent such contingencies as I have just enumerated.

94. *Girls who are Delicate ought not to Marry.*—A mother ought not to allow her daughter, if

she be delicate, to marry; for, as "like begets like," she will most probably, if she does marry, have puny, sickly children, who will drag out a miserable existence, and be a burden, not only to themselves, but to all connected with them. Delicate men and delicate women marrying are one reason—and an important reason—why there is so much sickness—so many ailing women and under-sized weakly men—and why there is so much serofula, rickets, and consumption in the world. Children who are the offspring of delicate parents have usually the seeds of disease within them, which soon fructify, for "death to reap the fruits."

95. *Give me an Understanding Heart*, is a beautiful prayer—especially for a mother; for no one stands in greater need of "an understanding heart" than does a mother.

96. *Giving Pain to Animals*.—A child is often very cruel to animals—to domestic pets—to cats, and dogs, and birds. How often a young urchin is allowed to pull a cat's tail until he make him squeal again. Now dogs' and cats' tails are very sensitive to pain; hence the pulling of them gives intense agony. A child should be early instructed that it is wrong and wicked to give pain to animals—especially to animals dependent upon him for protection and for support. A

brave boy is never cruel—he is merciful; it is the coward who is cruel—who delights to give pain.

97. *Gnats*.—A child sometimes is in hot weather very much plagued by gnats biting him. *The Journal of Cutaneous Medicine* asserts, that bathing the parts likely to be bitten with camomile tea is a preventive—gnats having an antipathy to camomile; and as there is nothing injurious in the camomile to a child's health or skin, I should advise a mother, by all means, to try it. I have frequently seen a little child made feverish and poorly by gnat-bites—the skin being inflamed and raised in lumps, and looking as though he had been severely stung by a nettle—as though he had an attack of nettle-rash; indeed, the effect is very similar to the stinging of the skin with a nettle, and the pain is quite as severe and stinging, lasting for a long time. The gnat bite in very hot weather is sometimes almost as venomous as that of the mosquito; indeed, the gnat, when the heat is very intense, is considered to be by some persons occasionally converted into the veritable mosquito, as it was asserted to be in the hot summer of 1868! The mosquito belongs to the gnat family. The gnat is called in France *Cousins*, to indicate, I suppose, its relationship with the mosquito; but whether he can, in in-

tensely hot weather, be converted into the real Simon Pure, I must leave to others, learned in such matters, to decide. There was a great controversy anent it in *The Times*, but no true decision appeared to be arrived at. If I am to give my own opinion on such an important subject, I myself am inclined to think that a gnat is a gnat—its bite being more venomous in very hot weather, and that a mosquito is a mosquito, each being perfectly distinct and separate from the other, and not to be converted the one into the other, although belonging to the same family. Evening is the favorite time of the day for gnats to take exercise, when they also dine, enacting the part to perfection of blood-suckers.

98. *Golden Maxim*, by Dr. John Brown, in his *Plain Words on Health*,* which every FATHER should remember and act upon: “You should also, *when the time comes*, explain to your children what about their own health *and the ways of the world they ought to know, and for the want of the timely knowledge of which many a life and character has been lost*. Show them, moreover the value you put upon health, by caring for your own.” The italics are mine—wishing, as I most heartily do, to impress those particular sentences upon the memory of every father!

* London : Strahan & Co.

99. *Good Habits are best Taught by Example*—by a mother's example. A child is best taught by a mother's example; to teach a child order, a mother must be orderly; to teach a child punctuality, a mother must be punctual; to teach a child neatness and tidiness, a mother must be neat and tidy; to teach a child industry, a mother must be industrious. Preaching will do no good to a child—however eloquent the mother may be; it is her example that preaches the best sermons—the effects of which will last the whole of the child's lifetime—long after she herself has ceased to exist!

100. *Good Habits* are as easily bred, fed, and nurtured as *bad* ones; it, therefore, behooves a mother to beware how she forms a habit in her child. Early habits of rising, for instance, are as easily formed as late ones; and how much more beneficial they are to health, long life, and happiness. Sobriety is as easily established as drunkenness; truth as lying. Our habits rule our lives, either for good or evil! "Habit is second nature:"—

"How use doth breed a habit in a man."—*Shakspeare*.

101. *Good Health and Good Temper* are, as a rule, inseparable friends—they usually in a child go hand-in-hand together; indeed an affectionately disciplined child is seldom, if ever, cross,

unless he be poorly; hence the paramount importance of cultivating good health; for good health may, in a child, be cultivated as readily as any flower that grows. The measure of life is health; the measure of happiness, as far as this world is concerned, is health; the measure of comfort is health:—

“Measure life

By its true worth, the comforts it affords,
And their's alone seems worthy of the name,
Good health, and, its associate in the most,
Good Temper.”—*Cowper*.

102. *Good Wombs have Born Bad Sons*: so says Shakspeare; but, as a rule, good wombs have born good sons; our best and our greatest of men seem to have inherited their goodness and their greatness more from their mothers than from their fathers.

103. *Great Troubles*.—Great troubles, which come but seldom, can often be borne with equanimity; it is the petty every-day annoyances that worry and vex. The Rev. G. Monsell sweetly sings the following strain:—

“Little specks of daily trouble—
Petty grievances, petty strife—
Filling up with drops incessant
To the brim the cup of life.”

The three grand remedies for all of which are—
an abundance of fresh air, of active exercise, and

useful occupation. These—and they are within the reach of all—will brace the nerves, will give courage to the mind, and will make the combatants come off victorious from the conflict. Mothers have many “little specks of daily troubles” and many little worries, which fathers little dream of, and which require great equanimity for mothers to bear patiently. Woe betide their poor unfortunate children if patience be not vouchsafed to their mothers!

104. *Hand-in-hand*.—A father and a mother should, in the training of their children, go hand-in-hand together, and not do as many fathers and mothers do—pull two different ways. A child sees at once which way the stream runs, and takes the side that will give him the most pleasure—what does he know of, or care for, disastrous consequences? Union is strength—discord is weakness! The misfortune of it is, that many fathers are so absorbed in the getting of money that they utterly neglect their duties to their children; and, when they do interfere, the mother steps in and altogether objects to it. True it is, that the mother is probably right, and the father wrong—he knowing so little about his children, or their characters, or their needs; but still a judicious mother would not let her children see that the father and the mother were not at oneness with each

other—that there was “division in the camp;” certainly not—for “a house divided against itself is sure to fall.” A father and a mother, then, should always pull together, and assist each other in the arduous duties—for *duties they really are*—of bringing up their children in such a manner that they may become in due time useful men and women—a credit to themselves, and a blessing to all around them.

105. *Happy Childhood*.—The happiest time of life is childhood, before sin has blotted and smutched a child’s pure and innocent mind, and before care has wrinkled and ploughed up his fair brow, and when all is blooming, bright, and beautiful—

“That was a time, a blessed time,
When hearts were fresh and young,
When freely gushed all feelings forth,
Unsyllabled—unsung.”—*Motherwell*.

Anything that makes a child happy tends to make him healthy. Wonder is a predominant feature in every child’s mind, and it is well to draw it out—

“To frame some ‘wonder for a happy child;’”
and to make him

“Happy as school-boy when his task is done.”
G. Knight.

106. *Happy Once*.—We have all been happy once in our lives—or ought to have been—namely, in our childhood—the oasis in the desert—the fountain of water in a dry land—the rose blooming in the wilderness—the red-letter day of our existence: “Well, I have been happy once; I have been a child!—I have been in heaven! I have stood in the smile, and lain in the arms of one of God’s angels. I was the happy child of a gentle and loving mother.”—*Thorndale*, by William Smith.

107. *Hardy bringing up of a Child*.—You should bring up your child more hardily than daintily, and should induce him to like simple food, simple tastes, and simple amusements. He ought, when hungry, to enjoy a crust of bread as much as, or even more than, any dainty you could put before him, and he ought not, unless he be hungry, to eat; and an abundance of simple out-door amusement and exercise will help to make him as hungry as a hunter! Children now-a-days are coddled and nursed in the lap of luxury. Such a way of bringing up a child is anything but right. A luxuriously brought up child is a painful sight to behold; he is totally unfitted to be buffeted about in this rough world of ours. A coddled child, looking as though he had come out of a band-box, without a hair out of place, and appearing

the essence of conceit and sickliness, is not a desirable object to behold. How different to the hardy-brought-up child, looking as though he had come out of the hay field, with his hair all tumbled and tossed about, and his face glowing with health, and beaming with smiles. A coddled child looks the picture of sadness, while a hardy-brought-up child is the personification of fun—as jolly as a sand-boy! A child should be brought up hardy, but not foolhardy. The hardy-bringing-up of a child tends to produce the virtuous mind and the strong body, while the luxurious bringing-up of a child tends to deprave the mind and to debilitate the body—thus predisposing him to fall a victim to disease—to disease and to death!

108. *He's Gentle and not Fearful.*—This is what a noble boy should be—"gentle and not fearful;"—gentle as a lamb, and not fearful—but brave as a lion. These are the characteristics of a true gentleman; and a gentle child ought to be a gentleman in miniature.

109. *Health*, although it be a man's most precious possession, is oftentimes by him recklessly squandered and frittered away, as though it were valueless. Many an one might truly be said

"To throw away the dearest thing he owned
As 't were a careless trifle."—*Shakspeare.*

110. *Health before Appearance.*—A mother should think far more of the health than of the appearance of her child; she should, for example, in sending her child to a child's evening party, not sacrifice—as some vain mothers do—his health to his appearance; nor put on, in the winter time, when he has been regularly wearing worsted stockings, either silk or cotton stockings; unless she put on, one over the other, two pairs of stockings; but here again, as I have more than once observed, the vigilance of a mother, in everything appertaining to the rearing of her child—both bodily and mentally—is most essential. Vigilance, vigilance, vigilance, should be a mother's watchword! But vigilance involves both thought and trouble! Of course it does, and what does not, that is worth the having? Many people in this world like neither thought nor trouble!

111. *Health is Beauty.*—Health makes a plain child good-looking; it is utterly impossible for a perfectly healthy child to be ugly! Hence the importance of attending to health to redeem an ugly face—not only for a child, but for every one else besides! There is a bodily beauty, a mental beauty, and a moral beauty—each of which is mirrored on the face—constituting of itself a beauty of its own; while, on the other hand, there is a bodily ugliness, a mental ugly-

ness, and a moral ugliness, each and all being stamped, in legible characters, on the countenance; but the two last are the ugliest of the three—in a child especially. Now the health of the body, of the mind, and of the morals, may each and all, by management, by care, by vigilance, and by culture, be greatly improved; but, unfortunately, each and all are often allowed to go fallow, and to be overrun with noxious weeds—all for the want of proper cultivation.

112. *Health is Wealth.*—Soundness of mind and of body is more to be coveted in this world than any other and every other possession besides, or combined. All else, in comparison to the sterling metal—health—is base alloy. Everything, therefore, that human skill and forethought can devise, should be done to promote and secure health. The great American philosopher—Emerson—truly says that “the first wealth is health.”

113. *Healthy and Happy.*—A child cannot be happy unless he be healthy; and if he be healthy, he is almost invariably happy. Health has more to do with happiness than many people suppose. Look at a healthy child! He is the very personification of happiness! Look at his counterpart—an unhealthy child! He is the image of

misery, pinched, and crabbed and old-looking, and cantankerous! No; after all that can be said on the subject, there is nothing like health to make people happy, to make them handsome, to make them good-tempered, to make them amiable! Now all these facts point to one thing—the importance of a mother looking well after the bodily health of her child; if she does that, his mind will, at the same time, be benefited, and be ready to receive the mental culture which every child stands so much in need of: “And so, if you don’t do all you can to make your children’s bodies healthy and happy, their souls will get miserable and cankered and useless, their temper peevish; and if you don’t feed and clothe them right, then their poor little souls will leave their ill-used bodies—will be starved out of them; and many a man and woman have had their tempers, and their minds and hearts, made miseries to themselves, and all about them, just from a want of care of their bodies when children.” — *Plain Words on Health*, by John Brown, M.D.

114. *Hearts after Leaps Ache*.—Some mothers keep their children in a state of constant excitement. Excitement causes weakness, and weakness causes excitement—they act and react upon each other. Some poor little children have their brains excited by sensational tales—for sensa-

tional tales have extended even to the nursery—and by a succession of large parties. With some mothers their children's brains are never allowed to be for one moment still. Now, this is folly in the extreme. The brain of a child requires much rest, and must have it if the child is to be well. The heart of a child is often made to leap—to palpitate—with excitement. A mother should ever remember that

“Hearts after leaps ache.”

115. *Heavy Meats make Lean Pates.*—Every mother, in the rearing of her child, should bear the above saying in mind. The wealth of a gourmand goes to enrich his ribs and not his brains—heavy meats making lean pates:—

“Fat paunches have lean pates ; and dainty bits
Make rich the ribs, but bank'rout quite the wits.”

Shakspeare.

116. *Holidays.*—A boy's holidays, as they come but seldom, are more appreciated than they otherwise would be ; if the holidays were to last the whole year, they would become tame and unbearable. It is the admixture of work and of holiday that is so enjoyable:—

“If all the year were playing holidays,
To sport would be as tedious as to work ;
But when they seldom come, they wish'd for come,
And nothing pleaseth but rare accidents.”

Shakspeare.

117. *Home*.—There is a great difference between a house and a home; or rather there is something of inestimable value superadded to a house to make it a home. A house comprises the building and the furniture; but a home includes the kindly family affections as well—a home breathes an atmosphere of love! A child should be made to feel that home is indeed home—the happiest place in the whole universe to him. Strive, therefore, by all the means in your power, to enable your child to realize the fact that he lives not simply in a house “made with hands,” but, emphatically, in a home that has been sanctified and purified by love and affection.

118. *Honesty*.—A mother should instruct her child to be strictly honest in his dealings with his brothers and sisters—to understand the difference between *meum* and *tuum*; which many children do not comprehend; hence they get into the habit of pilfering—of picking and stealing. If the propensity were checked in early childhood it would soon cease to exist, to the manifest advantage of their future morality and well-doing.

119. *Honey*, in olden times, was in great request; it was a staple article of diet; and, doubtless, was a valuable food—fattening, and

warming, and, as an aperient, most useful. So highly was it then esteemed, that it was one of God's promises to his favored people; among other texts in the Bible, on the subject, is one very appropriate: "A land flowing with milk and honey"—two of the most important articles of food then known. Sugar has now very much taken the place of honey; nevertheless, honey, in certain cases—as, for instance, as an aperient for a babe—is far superior to sugar.

120. *Honor*.—There is nothing that improves a boy's character so much as putting him on his honor—than trusting to his honor. The sense of honor should be instilled into a child as soon as reason has sufficiently dawned upon him—the earlier the better. If a boy be dead to the feeling of honor, there is very little hope for him; he is very likely to turn out—certainly not a gentleman—but a confirmed snob. A boy that always requires a person to look after him—to spy out all his ways and his misdeeds—is far gone on the road to ruin—there is very little promise for the future. It is an admirable plan for a mother to put her child *en parole*, and to treat him as a gentleman, which such a plan is likely to make him; if it does not, no other will.

121. *Hope* sweetens the bitter cup of life. Hope is very contagious, and spreads like wild-

fire through a house. Hope is the characteristic of youth ; if all else beside look gloomy and desponding, he is cheerful and hopeful—he “ hopes on and hopes ever:”—

“ Hope springs eternal in the human breast.”

122. *Hunger the Mother of Impatience and Anger.*—This is a true saying, especially of a child ; for if a child wait too long for his dinner, it makes him, for the rest of the day, cross and irritable ; but a child should always dine punctually at one hour ; a young stomach cannot fast with impunity ; it looks for its meal at a certain time, and if it have it, it is satisfied ; but if it have it not, the gastric juice gnaws the empty stomach and does injury. Punctuality, method, and order, are three grand requisites for a child, and are most conducive both to health and to happiness.

123. *I saw his Heart in his Face.*—How true this is of a boy’s face, before the world has taught him to disguise his thoughts, his words, and his actions. The great charm of youth is ingenuousness ; this trait in his character should, in every way, be encouraged ; for so many grown-up people are so utterly false that it is difficult to read them aright:—

“ I do believe thee ;

I saw his heart in his face.”—*Shakspeare.*

124. *Idiots and those akin to Idiots ought not to Marry.*—If a mother have a daughter either an idiot, or half an idiot, she ought not to allow such a one to marry. A man sometimes for money—for filthy lucre—marries a girl who is an idiot, or one who is akin to an idiot. Let a man, before committing such an egregious folly, beware! For such a wife is almost sure to produce a race of idiots! And the misfortune of it is—idiotic women are often very prolific!

125. *Ill Habits* are like ill weeds, the sooner they are eradicated, root and stem, the better; if they be allowed to grow, they will increase rapidly, and smother the flowers that are ready to spring up:—

“Ill habits gather by unseen degrees,
As brooks make rivers, rivers run to seas.”

Dryden.

126. *Illness Brewing.*—A person oftentimes feels an illness brewing; he is laboring under a feeling of *malaise* which he cannot shake off; he has an impression that he must be worse before he is better; and when illness does come, it sometimes brings relief, as then he is obliged to nurse himself, to use due means, to take proper rest, to become, as it were, a helpless babe, and resign himself into the hands of a doctor, and, if he be married, of an affectionate wife—trusting that by such means all will soon be well,

and that when he has tided through his illness (which he hopes by God's help to do) he will feel better and stronger than he has done for a long time before; indeed, illness is sometimes like a thunderstorm—it clears and refreshes the air, it drives away gloom and heaviness, and brings back sunshine and cheerfulness. A patient often feels much better after a severe illness than he had done for some time previously: illness seems to clear the system from impurities, and sometimes even to rejuvenize it.

“It is but as a body, yet, distemper'd;
Which to his former strength may be restor'd,
With good advice and little medicine.”—*Shakspeare*.

127. *Illness should be Nipped in the Bud.*—There is nothing like, on the very onset of an illness, calling in a doctor, and not waiting, as many do, until disease have gained a firm footing. A very little medicine will, at first, oft suffice to cure an illness; which, after a time, much physic may fail to accomplish. A mother therefore should call in a doctor to her child early, and thus save unnecessary pain, intense anxiety, and long confinement:—

“Seek thy salve while sore is green,
Fester'd wounds ask deeper lancing,
After-cures are seldom seen,
Often sought, scarce ever chancing:
Time and place give best advice,
Out of season, out of price.”

R. Southwell, 1595.

128. *Imagination*.—Who can vie with a child in imagination? The poet, the novelist, and the musician, each and all, fall far behind him in imagination. And why? A child has more imagination than reason—he gives reins to his imagination—reason being too weak to curb him—to restrain him. “It is always a most curious spectacle to watch a child alone at play, and see it contriving pleasures and mimic business for itself. It is marvellous what imagination does for this little poet, who works, not with words, but creates strange visions for itself out of sticks, and stones, and straws. Dive if you can into the urchin’s mind, and follow to its source that exclamation of joy and surprise which a mere nothing has called forth! It is a most curious spectacle. But when, at the same time, we call to mind that we ourselves have been just such another charming simpleton, there arises before us one of the most fascinating of day-dreams which the grown-up man can indulge in. It is veritably a fairy land we are peeping into. Yes, we have all been fairies once. And now, as we go wandering back over the fields of memory, we stoop and pick up the acorn cups, and marvel how we ever crept into them, and found them, as we assuredly did, most rare and spacious habitations.”—*Thorndale*, William Smith.

129. *Impartiality*.—Let a mother be consistent, impartial, and just; let her act not upon impulse, but upon principle; let her not overlook a fault one minute, and punish it with severity the next; let one child be treated with the same consideration as another; let even-handed justice be meted out to every one alike. A mother who does not govern each and all her children justly and impartially is neither loved, honored, nor obeyed. Let there be no favorite in a family; it causes among the non-favored discord and heart-burnings, and makes the favored one overbearing and selfish; moreover,

“A favorite has no friends.”—*Gray*.

130. *Impertinence*.—A child ought never to be allowed to be impertinent to his mother. If he be ever inclined to be so, it should be instantly checked. He should be taught to look upon his mother as a superior being—as one that it would be a kind of sacrilege for him to say a saucy word to. A child, then, must be made to reverence his mother. How true is the old saying that “familiarity breeds contempt;” this old saw is particularly applicable in the relations of a child towards his mother.

131. *Independence*.—Let a child wait very much upon himself; do not let him be waited upon hand-and-foot by servants; it will make him a

poor creature if you do. Besides, a child is never so happy as when he waits upon himself, and when he can be useful to himself and others. A spirit of independence should be instilled early into him—it will make him a manly little fellow; he will then truly know

“the glorious privilege
Of being independent.”—*Burns*.

132. *Industry*.—Encourage your child to be industrious, to knock about, never to be for one moment idle. Many boys and girls grow up to be of very little use either to themselves or to any one else besides; they are more than half-asleep; they are dead-a-live; they are cumberers of God's busy earth; and whether they live or whether they die, it matters but little, as far as this world is concerned—for they are of but little value! Man was not sent here for himself alone—for his own gratification—certainly not; but to be of use to his fellow-creatures; to be a link in the chain where all the links are needed and necessary to each other; to work where workmen are in great request; to bear his share of the burden—where the burden is heavy, as it is in this world of sin and sorrow. The universe is full of idle men; and this is one reason why, among the working people, there is so much heart-burning and dissatisfaction against the rich—the busy bees hate the drones! I have seen

many rich families, in consequence of the children being brought up in idleness, made poor. Idleness excites disease, brings on premature decay, and fills our churchyards with corpses. Idleness almost invariably leads to sin and to wickedness, and is therefore destructive not only to the body but to the soul! Truly, an idle man is a nuisance, a disgrace, and a curse! And the only way to make a man industrious is to begin from the beginning—begin from the beginning of life—from early childhood!

133. *Infliction of Pain*.—The infliction of pain often eases pain; as *bitter* medicines oft-times lead to *sweet* health,

“for ’tis a physic,
That’s bitter to sweet end.”—*Shakspeare*.

134. *Ingenuousness*.—Frankness and openness should be encouraged in every child—he should be induced to tell all his little secrets to his mother; and if he should ask his mother a question, she should, if possible, give him a plain straightforward answer; but if he should ask a question—the answer being past his comprehension, the mother should tell him that he is too young to understand the answer; but when he is older, she will explain it to him. Frankness and openness are best taught to a child by the mother herself being frank and open—every

virtue is more effectually taught a child by example than by precept. Ingenuousness is one of the characteristics of youth. A boy who is not ingenuous is unnatural—a man before his time—and will probably turn out anything but a nice character.

135. *Injustice*.—A child dislikes injustice; he is very quick in observing and in remembering it. He ought to be treated with even-handed justice; for if he be not, it will spoil his character. A mother should never make of her children “fish of one and flesh of another;” but treat them all alike, and not make favorites—a favorite is much disliked by the rest of the children.

136. *Innocent Brightness*.—A babe's face is innocent, because it is not yet smutched and blurred by sin; it is bright, because he feels perfectly happy and contented—the face being the dial-plate of the mind; he comes fresh, and pure, and bright from the hands of his Great Creator; hence his countenance beams with “innocent brightness.”

“The ‘innocent brightness’ of an infant's face.”—*Keble*.

137. *Instinct*.—Children soon find out those who are fond of them; they are true seers—they intuitively elect those that love them, and discard those that dislike them; they have the

instinct of the dog, and, like that faithful creature, take no pains to disguise their likes and dislikes; oh, what a pattern they are, in this respect, to grown-up people! How true the poet sings—

“ And children know,
Instinctive taught, the friend and foe.”

Instinct is near akin and more to be depended upon than reason itself; how the bee, for instance, lays up honey for the winter, when there are no flowers to extract it from and to sip; how the swallow in the autumn leaves this country for sunnier climes; how the dog, when he has eaten enough, extemporizes a pantry, and hides the bones for a hungry season; how the rat leaves a sinking ship:—

“ A rotten carcase of a boat, not rigg'd,
Nor tackle, sail, nor mast; the very rats
Instinctively had quit it.”—*Shakspeare*.

138. *Intercourse with Neighbors' Children*.—Association with a neighbor's badly-managed children ought never to be permitted—more mischief, by allowing such intercourse, may be done in a day than a year may rectify. A child, moreover, is a great copyist, and is more likely to imitate—as naughty boys are often very agreeable—a bad example than a good one; and, unfortunately, there are far more badly-managed than properly-trained children in the

world. A child should have his pure mind kept from contamination, or otherwise a fire will burn within him that will never be quenched. How graphically does the Bible speak of the effects of evil companions: "Can a man take fire in his bosom and his clothes not be burned?"—*Proverbs*.

139. *Joy and Temperance and Repose* are, especially to a child, invaluable medicines: *joy* maketh a merry heart, and "a merry heart doeth good like a medicine;" *temperance* is often a splendid substitute for the swallowing of physic; and *repose* is nature's medicine—"a balm for the weary," and "a balm for every woe." Longfellow quaintly but truly sings:—

"Joy, and Temperance, and Repose
Slam the door on the doctor's nose."

140. *Judgment*.—How important it is that a mother, of all people in the world, should have judgment. The fate of her child often depends upon it; for one false step often leads to destruction. How fit and proper it is that she frequently offer up to Almighty God that beautiful prayer—"Give me a right understanding in all things."

141. *Just as the Twig is Bent the Tree's Inclined*.—The power of habit certainly is most

strong and unbending, and proves the importance of early training. If a child contract bad habits, or good habits—either the one or the other become a second nature to him, and are never eradicated; hence the importance that good habits alone should be instilled into his mind; for,

“Just as the twig is bent the tree’s inclin’d.”—*Pope*.

142. *Justice*.—Fair dealing and no partiality ought to be the motto of every mother. A child loves fair dealing, and ought to have it. A child is very sharp-sighted and sharp-witted, and detects partiality, and dislikes the favored one. No: even-handed justice should be meted out to all—to children especially. “A clear stage and no favor” should, in the culture and training of a child, be ever remembered.

143. *Keep your Head Cool and your Feet Dry* is an old saw worth remembering. “Keep your head cool:” hence the folly of allowing a girl to wear false hair and frizettes—false hair and frizettes heating the head unmercifully and causing headaches, confusion of ideas, and neuralgia. “Keep the feet dry:” hence the importance of changing, as *quickly as possible*, the damp boots and shoes of your child for dry ones—damp boots and shoes being fruitful—the

most fruitful—sources of nearly every disease that “flesh is heir to.”

144. *Keeping the Reins in a Mother's own Hands.*—A mother ought not to give up the reins to her servant; if she give up the reins, she gives up power and authority—both of which are essentially necessary for a mother to possess; she must, in every sense of the word, be mistress in her own household. A child is very quick in perceiving who “rules the roast”—who is, what is vulgarly called, “the cock of the walk”—who is the ruler, and whom he must obey, and acts accordingly. It is always a sorry sight to see “a beggar on horseback,” and if a servant usurp her mistress's privileges, and be allowed to take the reins into her own hands—be allowed to be mistress, or to act as one—they are much the same things—you will, of a surety, witness such a spectacle—and see “a beggar on horseback.”

145. *Kicking against the Pricks.*—Some mothers delight to kick against the pricks—to be like an imprisoned bird who beats his wings against the wires of his cage—hopelessly hoping thereby to gain his liberty. Now, “what cannot be cured must be endured,” and “it is no use grieving over spilt milk.” If grieving, for instance, could restore a child to life, it would

be well to grieve with all one's might; but as it will not, there is no use in "kicking against the pricks."

146. *Knives and Bows and Arrows* are favorite playthings with a child; but a sensible mother will never allow her child to have them, as he may maim himself with the one, and may shoot a companion's eye with the other. Oh! the folly of an over-indulgent mother—affection seems to blind her better judgment; but a reckoning day will assuredly come, in which she will have to pay a heavy penalty for her over-indulgence, and for every other folly and weakness she commits in the rearing of her child. This is a gloomy picture, but, alas! it is painted from the very life!

147. *Knowing the Worst*.—Uncertainty is most painful to the feelings, depressing to the spirits, and harrowing to the mind. How beautifully Shakspeare describes "knowing the worst," as it is called:—

"When remedies are past, the griefs are ended,
By seeing the worst, which late on hopes depended."

148. *Knowledge and Wisdom*.—A mother ought to make her children wise by observation, and, at their tender age, not give them knowledge by book-learning. Wisdom is far before

knowledge; is far more useful; indeed book-learning—book-knowledge—to a child is often worse than useless—it is injurious both to bodily and mental health. What is more unnatural than to see a child “a book-worm?” Such a one is likely to become, when a man, “a bookish blockhead.”

“ Knowledge and wisdom, far from being one,
Have oft-times no connection. Knowledge dwells
In heads replete with thoughts of other men ;
Wisdom in minds attentive to their own—
Knowledge, a rude unprofitable mass,
The mere materials with which wisdom builds,
Till smoothed and squared, and fitted to its place,
Does but encumber whom it seems to enrich.
Knowledge is proud that he has learnt so much,
Wisdom is humble that he knows no more.”

Cowper.

149. *Labor Physies Pain.*—The sun puts out the fire; a great grief chases away a little one—
“ great griefs medicine the less ”—

“ Even as one heat another heat expels,
Or as one nail by strength drives out another ; ”

the pain of the surgeon’s knife swallows up the anguish of the disease; the dentist’s forceps, just before they are applied to a decayed tooth, drive away the toothache—a great pain physies the less! The pleasure of an author whilst writing his book drives away pain—

“ The labor we delight in physies pain.”—*Shakspeare.*

150. *Laughter*.—Encourage your child to be merry and to laugh aloud: a good hearty laugh expands his chest, and makes his blood bound merrily along. Commend me to a good laugh—not to a little sniggering laugh—but to one that will resound through the house; it will not only do your child good, but it will be a benefit to all who hear, and be an important means of driving the blue-devils away from a dwelling. Merriment is very catching, and spreads in a remarkable manner—few being able to resist the contagion! A hearty laugh is delightful harmony; indeed it is the best of all music! A merry laughing child makes a cheerful countenance, and a cheerful countenance is the finest cosmetic and beautifier in the world! moreover, “a cheerful countenance doeth good like a medicine,” and is, decidedly, the pleasantest of all medicines—causing neither wry faces nor qualms in the administration thereof. There is great philosophy in a laugh:—a laugh sets the digestion to work, it drives off crude humors from the brain, it converts black blood into red, it makes the heart sing with joy. “A ‘good laugh,’ as they say, dispels the vapors, inflates and oxygenates the lungs, promotes and improves the circulation, and gives a helping hand to the heart. It is a medical fact that people of cheerful disposition enjoy better health than the saturnine.” (*Court Circular*.)

“ I love it—I love it—the laugh of a child,
 Now rippling and gentle, now merry and wild :
 Ringing out on the air with its innocent gush,
 Like the trill of a bird in the twilight’s soft hush ;
 Floating up on the breeze like the tones of a bell,
 Or the music that dwells in the heart of a shell.
 Oh ! the laugh of a child, so wild and so free,
 Is the merriest sound in the world for me.”

Isabel Athelwood.

The finest digestive, then, is a good laugh ; the greatest enemy to care is a good laugh:—

“ Care to our coffin adds a nail, no doubt,
 And every grin, so merry, draws one out.”

Dr. Wolcott.

Man is said to be the only “risible animal” in the world ; brutes do not laugh ; the hyena’s is not a laugh, but a demonstration of anger and of rage. Parrots mock laughter, but it is only a sham, and no real laugh—it is a scream and not a laugh at all ; but the hearty laugh of a child has gusto in it—is a ringing laugh, and is an indication of joy and happiness, and of a heart brimful of merriment.

151. *Laugh and Grow Fat*, is a true saying, and the converse—grieve and become thin—is equally true : the reason being that laughing is good for the digestion ; hence people who laugh become fat ; while, on the other hand, grieving is bad for the digestion ; hence persons who grieve become thin. A laughing child is usually

a fat child, while a cross child is generally a thin child—such an one as the latter is said to cry all the flesh off his bones!

152. *Legends for a Child*.—The old-fashioned nursery legends were, for a child, far more suitable and better adapted to his intellect than the modern ones now are; the latter are “too clever by one-half;” they require the brains of a man to understand them, they tax a child’s intellect and thus weaken it. The old-fashioned legends were “sublimely sweet and serenely gay:”—

“But hail, ye mighty masters of the lay,
Nature’s true sons, the friends of man and truth!
Whose song, sublimely sweet, serenely gay,
Amused my childhood, and inform’d my youth.
O let your spirit still my bosom soothe,
Inspire my dreams, and my wild wanderings guide!
Your voice each rugged path of life can smooth;
For well I know, wherever ye reside,
There harmony, and peace, and innocence, abide.”
Beattie.

153. *Liberty-hall* is all very well when a child is in his play-room, in his play-ground, and out-and-about at play; but it must not be liberty-hall with him in the drawing-room or in the dining-room—he must not make a bear-garden of such places—there he must behave himself like a gentle child. A little wholesome discipline is necessary for a child, as it is for every one else. He must have it some time of his life

—sooner or later; if his parents do not give it him as a child, the world will give it him—roughly too—as a man. A child should be early taught that there is a time for him to be rough and kick up his heels—head-over-heels, if he like, in the performing of summer-sets; and a time for him to be gentle—a gentleman. A silly mother may say,—“A child must be a child, and do at all times what he pleases.” If she live long enough, she will find out her mistake—that the world will not let him do what he pleases! It is most cruel to a child for a mother not to bring him up with discipline—with discipline tempered with kindness.

154. *Life of Childhood*.—The life of childhood is the bright page of a child's history—his red-letter day—the oasis in the desert of his existence—the sunshine of his life! If all this be true how necessary it is that everything should be done to conduce to such a bright state of things—that a child should, in every way, be made a joyous happy being, and that no unnecessary tears should bedim the eyes. Times will come—alas! too soon!—when clouds will o'erspread the horizon of his life; but until then, let all unnecessary sources of grief and sorrow be, as much as possible, removed from him. It should be said of such an one, during his childhood, that

“He makes a July's day short as December.”

Shakspeare.

155. *Life a Joke*.—Life's a joke with some people; but really life is no joke with a mother; that is, if she do her duty. Life with her is a stern reality, and is full of stubborn facts that require all her energy and skill to master. Truly life with a mother is no joke!

156. *Life in Youth* is very charming; it is as bright as a long summer's day; it is a sky without a cloud; it is a rose without a thorn; it is a sweet without a bitter; it is a pleasure without its usual sting:—

“Life is the rose's hope while yet unblown;
The reading of an ever-changing tale;
The light uplifting of a maiden's veil;
A pigeon tumbling in clear summer air;
A laughing schoolboy, without grief or care,
Riding the springy branches of an elm.”

Keats.

157. *Like cures Like*.—How often it is necessary to give pain to cure pain, to give an aperient to cure a purging, to give a vomit to cure a sickness, to give a wound to cure a wound,

“For with a wound I must be cured.”

Shakspeare.

158. *Like the Flesh of a Little Child*.—Now this much depends upon whether a child's flesh be kept dirty or clean. If a child's flesh be kept clean by daily ablution, there is nothing more sweet and lovely; but if, on the other hand, he

be only bathed once a week—on Saturday night—as many unfortunate children only are—there is nothing more foul and disgusting than a child's flesh. A dirty and unwashed child is repulsive alike to the eye and to the nose. A dirty child is the unhappy victim of either an ignorant or of a negligent mother. However dear house-keeping now is, soap is cheap and water is cheap, and, therefore, there is no excuse in the way of expense.

159. *Little Pains and Little Pleasures.*—How true it is that life is made up of little things—of little pains and of little pleasures—of little acts of kindness and of little words of love! Longfellow sweetly expresses the sentiment in the following lines: “But the life of man in this fair earth is made up for the most part of little pains and little pleasures. The great wonder-flowers bloom but once in a lifetime.” Such being the case, it is the duty of a mother “to despise not the day of small things,” and not to trust to servants; but to look well herself into every matter concerning her child's happiness—however trivial they might appear. A mother should, with regard to her child, remember that

“Little deeds of kindness,
Little words of love,
Make our earth an Eden,
Like the heaven above.”

160. *Little Things*.—A fashionable lady is difficult to please; she is satiated with pleasure; it has turned to ashes in her mouth; it palls upon her jaded senses; all “the sweet bells jangled, out of tune, and harsh.” It is quite refreshing to turn away from such a picture, and to mark a child in his play, to participate

“With a child’s pure delight in little things.”—*Trench*.

161. *Living on the Fat of the Land* is quite unsuitable for a child. Living on the fat of the land will fill him with humors and with disease. Living on the fat of the land will make him indolent and luxurious, will take away his freshness, will enervate him, will spoil his character, and will take all goodness out of him. No; a child wants simplicity of living, and must, if he is to be well, have it—a child’s wants are but few. Luxurious living is a bitter enemy to him, and will poison the very springs of his life. Unfortunately in this our day, living on the fat of the land is, even among children, becoming too much the custom. England is now very prosperous; she is beginning to be as Rome was in her great prosperity—in the zenith of her power; and if England does not beware and take warning in time, she will have the fate of Rome—and fall from her pinnacle of greatness—which may God in his great mercy avert!

162. *Loss of Appetite*.—When a child is ill, he usually loathes the food he liked in health; indeed the loss of appetite is generally one of the earliest symptoms of his being ill; and return of appetite—especially to the food he is partial to when well—is the earliest harbinger of his renewed health:—

“But, like in sickness, did I loathe this food,
But, as in health, come to my natural taste.”

Shakspeare.

163. *Lotharios*.—A mother who has marriageable daughters ought not to countenance “a gay Lothario” in her house. The misfortune of it is, that such a man is often very fascinating, and consequently very dangerous, and has great power in winning the affections of a simple, innocent girl. What can such a girl know of the antecedents of such a man? If he be agreeable to her, that is all she can understand. The mother should therefore step in to her daughter’s rescue, and snatch her from almost certain ruin; and this can only be done by a mother not allowing a *fast young man* to enter her house—by setting her face against him altogether. If profligates were never allowed to enter respectable houses, such unblushing wickedness would cease to be so common; but really, vicious men are often made the most of in society—fashionable society is rotten at the very core! The

Bishop of Manchester made, the other day, at a meeting at Manchester, the following (among many other) judicious remarks—which I cordially endorse: “There is,” says the Bishop, “a great cry at present about women’s rights. He wished women to enjoy all the rights that possibly belonged to them; but he would remind them of the great maxim; ‘*C’est la femme qui fait les mœurs.*’ Not only did they form the manners and morals of children, but when they were grown up it was still women who must purify the moral atmosphere around us. If women were determined that no vicious or profligate man, no ‘gay Lothario,’ should be admitted into the sanctuaries of their drawing-rooms—if they were determined to keep their sons pure, and did not wish to have them, as many fashionable mothers liked to have their sons, fast young men, there was a power in the hands of women to redeem society from all those evils which he wished they would wield with the weight which God had placed in their hands.”

164. *Love*.—Let a child breathe only an atmosphere of love; let him be ruled by love; let him, when in the wrong, be guided aright by love; let his lessons be dictated by love; let love be the foundation and the top-stone of his very existence. *With* love, everything that is

good and great and noble might be accomplished; *without* love, life will be a miserable failure; but of all earthly love, the love of a mother stands pre-eminent, as first, as best, as purest, and as holiest:—

“A mother is a mother still,
The holiest thing alive.”—*Coleridge*.

God help the poor child who never knew a mother's love—whose mother died in his infancy!

165. *Love of Children*.—Truly the love of children is planted deeply in woman's heart—it is part and parcel of her very existence. “The love of children is woman's instinct.”

166. *Love covereth all Sins*.—How true this is, more especially as applied to a mother. Love with a mother covereth all the sins of her child. A mother is not blind to the faults of her child—she sees them, perhaps, more clearly than others do; but she will not publish them to the world; she conceals them from the observation of others—she hides them—she covers them—“Love covereth all sins.”—*Proverbs*.

167. *Love Seeketh not itself to Please*.—What a beautiful description this is of love—more especially of a mother's love for her child. “Nor

for itself hath any care:" A mother who loves her child, cares not for herself—she makes herself of secondary consideration—all her care is for him. "But for another gives its ease:" How true this is of a vigilant mother—she thinks nothing of her own ease, of her own comfort—provided she can give ease and comfort to her child. "And builds a heaven in hell's despair:" How graphically this is told. When all the world besides despair of her child, as he grows to man's estate, she alone is hopeful; she hopes on and hopes ever. She alone "builds a heaven in hell's despair:"—

"Love seeketh not itself to please,
Nor for itself hath any care,
But for another gives its ease,
And builds a heaven in hell's despair."

W. Blake.

168. *Luxury*.—Do not bring your child, however rich he might be, up to luxury; make him simple in his habits and in his pleasures—there is a beauty in simplicity. Luxury is a heavy yoke—grievous to be borne! Besides, the more luxury a child has, the more he will require—wants beget wants; until, at length, he will become a poor, wretched, artificial imbecile, fit only to be caded and cottoned up in warm enervating rooms; but totally unfit to be buffeted about—as is good for him—in this rough world of ours. "Luxury is an enticing pleasure, a

bastard mirth which hath honey in her mouth, gall in her heart, a sting in her tail.”—(*Hugo*.) Luxury is the penalty of riches; a frequent cause of barrenness in a wife; and, even if she have a family, the child is usually puny and sickly—luxury had, while he was in his mother’s womb, so severely damaged him, as to have well-nigh killed him! Luxury is a bed of roses, full of thorns! Luxury cries out “peace, peace; when there is no peace.” Luxury is one of the plague-spots of England! Luxury is the parent of many vices and of numerous diseases! Truly luxury is a mistake, a misfortune, and a curse! Those are beautiful words of St. Paul, “I keep under my body, and bring it into subjection;” but how can the body be kept under, and be brought into subjection, if it be nursed in the lap of luxury? It is totally impossible! you may as well expect “to gather grapes of thorns, or figs of thistles.”

169. *Lying Lips* are, in a child especially, an abomination. The devil was a liar from the beginning, and a lie is the devil’s spawn! The kindly-disciplined, fearless, manly boy scorns to tell a lie; it is the ill-disciplined, cowardly sneak, that resorts to such meanness:—

“Cowards tell lies,
And those that fear the rod.
Nothing can need a lie;
The fault that needs it most
Grows two thereby.”

170. *Maiden*.—Shakspeare gives a charming description of a maiden—it is a beautiful piece of word-painting, so different in its outline, and in its coloring, to the present “girl of the period,” that we might well exclaim, “Look here, on this picture, and on this:”—

“A maiden never bold;
Of spirit so still and quiet, that her motion
Blush'd at herself.”

171. *Manners*.—Good manners should be early instilled and cultivated in a child. A gentle manner is very fascinating; while a churlish manner is very repulsive. Good manners are before a handsome face—the one is lasting, while the other is oftentimes evanescent; besides, people may become tired of a handsome face, but good manners never tire. Good manners are a passport in society, and usually determine a man's success in life. Many people can judge of a person's manners, who cannot of his abilities. A good man is often marred by his bad manners; he is of “a better nature than he appears by speech.” Good manners combined with good sense and good feeling, are irresistible. “Good manners are the blossom of good sense, and, it may be added, of good feeling; for, if the law of kindness be written in the heart, it will lead to that disinterestedness in little as well as great things—that desire to oblige, and

attention to the gratification of others, which is the foundation of good manners.”—*Locke*.

172. *March, April, and May* are the three most trying months of the whole year—especially to the delicate. Our forefathers, when they made the following distich, were well aware of the fact:—

“March will search, April will try,
May will tell if to live or die.”

This couplet speaks very truly—especially of a consumptive patient. May, in that fell disease, is the most dangerous month in all the year—the sun being very hot, and the wind being often very cold and piercing, and frequently either easterly or northeasterly. How true—as exemplified in the May of 1872—is that line of Goldsmith—

“But winter lingering chills the lap of May.”

173. *Masters*.—A child must, from an early age, be made to understand that we cannot all be masters, and that he himself must be in subjection—subject to his parents! Children now-a-days are, unfortunately, often allowed to be the masters; with what results, let the after career of many men and women testify!

“We cannot all be masters.”—*Shakspeare*.

174. *Meal-time.*—A child should be early taught to behave well—like a gentleman—at meal-times. There is something very annoying to witness a child asking for everything on the table, chattering like a magpie, and fingering the salt-cellars, the spoons, and the napkins, like a little monkey. He ought never to be allowed to ask for anything on the table—his parents are the only fit and proper persons to decide what is good for him. A child who is consulted on what he has to have for his dinner, and helped to the tit-bits and the dainties, is sure to grow up an epicure; and if an epicure, he will be one deeply to be pitied. Most perfect order and decorum, as far as a child is concerned, should reign at the dinner-table. Chatter and worry at meal-times sadly interfere with digestion, and will often make a good, wholesome dinner to disagree. If a child, then, should show symptoms of misbehaving himself at meal-times, let it be at once nipped in the bud, and then much discomfort will assuredly be averted.

175. *Medicines are not meant to Live on.*—Every mother who is fond of quacking her child should remember this old and useful adage. In various complaints diet, fresh air, and exercise are by far the best remedies; but unfortunately some mothers are such inveterate quacks that they are never happy unless they are dosing their

unfortunate children with some vile and nasty mess of their own compounding! Such children are deeply to be pitied—they are invariably sickly and delicate, and are made really patients of—requiring the aid of an experienced doctor to set them right again. Medicine acts upon a healthy child as a poison! Quackery, then, in a mother, is a most dangerous propensity!

176. *Milksop*.—A child who is brought up a milksop is not well fitted for this rough world of ours. A child should first of all be made healthy—this is of paramount importance to every child—and when he be once strong, he should be brought up rather hardily, than otherwise; he should be made to rough it; to live on plain, simple fare; and to be more than half his time in the open air; and not to be

“A milksop, one that never in his life
Felt so much cold as over shoes in snow.”

Shakspeare.

177. *Mischief*.—There are two kinds of mischief—one arising from the effervescence of a child's spirit, and the other from the love of doing injuries. The first may be called *innocent mischief*—doing no real harm to anything or to any one; while the other may be styled *wilful mischief*—such as scratching and cutting costly furniture, and teasing and tantalizing and

pinching and hurting a companion. Now, the one should, in every way, be encouraged, for a child should be as mischievous as a little monkey—which he somewhat resembles! but the other—the wilful mischief—ought never to be allowed, as it will grow upon him, and make him a dangerous character. A foolish mother may say—“Oh, a child must not be thwarted in every way—he must be manly!” I reply—He must be thwarted in his evil propensities, and there is nothing manly in doing wilful mischief, or in giving pain.

178. *Model Child*.—I dislike exceedingly a model child—a very good little boy as he is called—one who never gets into mischief, who never does wrong, and who will sit at a table, like an automaton, for hours without stirring or without kicking up a rumpus! He is a sad spectacle to behold, and generally turns out to be either a sneak, or a fool, or a humbug. No: give me a child full of life, and fun, and frolic; although he might at times be troublesome, he is “a broth of a boy,” a manly little fellow, and one who is likely to fight his way in the world, to do good service, and to come off from the conflict victorious. I do not mean to say that a child is never to be checked in his merriment, in his roguery, and in his innocent mischief, and to do always as he chooses, without let or

hindrance—certainly not; he is to be kept in proper bounds—the means used for the purpose being love, firmness, and discretion—three grand instruments necessary for the bringing up of every child.

179. *Moderation in Diet.*—A child should be early instructed in moderation—moderation in eating is especially necessary to be taught to a child; for many of the diseases of a child are brought on by stuffing him. He requires, of course, plenty of food; but then it should be plain, simple food; and if it be that, he is not likely to eat gluttonously. It is luxurious food that usually induces a child to eat too much—more than his stomach can digest, and thus it makes him sick and ill: “Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it.”—*Proverbs.*

180. *Mollet-coddle.*—A child should be encouraged to be manly and not be made a mollet-coddle. Some boys are brought up more like girls than boys—being tied to their mother’s apron-strings; such boys are deeply to be pitied, and are quite unfitted for the rough world they will have to struggle in.

181. *Mother and Child.*—It is a charming sight to watch a young mother and her child

going through their exercises of love, having their game of play—their eyes the while laughing and “discoursing sweet music”—

“There is a sight all hearts beguiling—
A youthful mother on her infant smiling,
Who, with spread arms and dancing feet,
And cooing voice, returns its answer sweet.”

Joanna Baillie.

182. *Mother's Company*.—A mother's company is more needful to the well-being of her child than aught else besides: half, at least, of every day should be devoted to him. There is nothing in the world that will compensate for a mother's absence—her presence to her child is necessary to his very existence.

183. *Mother Herself*.—An old divine quaintly remarks that a Christian requires to be washed, to be fed, to be clothed, and to be held by Christ. How truly this applies to an infant and his mother; and who so proper to wash, to feed, to clothe, and to hold her own child as the mother herself? It does not do to trust a child to hirelings to perform such offices; they are not, as a rule, to be trusted; and he is too precious to run the risk of being either neglected or ill-used; one or other of which is almost sure to be the case if the mother herself be not head-nurse:—

“ In Rome’s majestic days, long fled by,
Did not her mighty dames sing lullaby ?
No mean-bred hags then nurs’d the guiltless child,
No kitchen slang its innocence despoil’d ;
’Twas deem’d a glory that the babe should rest
In slumbering beauty on the mother’s breast ;
But England’s mighty dame is too genteel
To nurse, and guard, and like a mother feel.”

R. Montgomery.

184. *Mother herself Head-nurse.*—Blessed is that child whose mother is herself the head-nurse to him, who is a partaker of all his joys, a playmate of all his games, a listener of all his prattle, a sharer of all his trouble, and a soother of all his grief ; blessed is that child who has

“ Every tear kissed off as soon as shed.”

Rogers.

185. *Mother’s Responsibility.*—A mother’s responsibility is great. She requires “the wisdom of the serpent and the harmlessness of the dove” to rear and train her children aright—to fit them for this world and to prepare them for eternity. But how many mothers undertake the responsibility without forethought and without preparation—fancying that instinct and mother’s love will make them quite capable of their duties ! Alas ! they will soon find out their error, and, when too late, rue their folly !

186. *Mothers and their Lady Friends and Counsellors.*—A mother should be most cautious in whom she consults, as a friend, about the management and the training of her children. The friend consulted is often as ignorant as the mother herself—the blind leading the blind—both blundering together in the darkness! A mother should endeavor to select as her consultant—if such an one can be found—a sensible woman—one who has had experience in the bringing-up of children—and who has succeeded—the proofs being that her children are *healthy* and *good*; for these proofs, after all, are the best criterions of judicious management and of sensible training. Such a friend, to a mother, is most valuable, and must be courted and esteemed accordingly; for true it is, that no one stands more in need of a trusty counsellor than does a mother—a young mother especially:—

“Deliberate on all things with thy friend :
But, since friends grow not thick on every bough,
Nor every friend unrotten at the core,
First, on thy friend, deliberate with thyself;
Pause, ponder, sift, not eager in the choice;
Judge before friendship, then confide till death;
A friend is worth all hazards we can run.”—*Young*.

187. *Mothers often Err from Ignorance* in the bringing-up of their children; hence the importance of popular works to instruct them in their duties. If love alone would make children

strong and healthy; if love alone would train their minds aright, then children would, in mind and body, be all that could be desired; but, alas! love alone is not sufficient for such purposes. A mother herself has to turn student, to go through a regular course of study on such subjects—she has to learn before she be fit to teach and to act—how to nurture and to take care of children's bodies, how to cultivate and to train children's minds!

188. *Mothers should be Watchful.*—A mother should be watchful, as watchful as a sentinel when on some life or death enterprise! Blessed is that child who has a watchful mother! Nearly all the troubles that a poor child encounters in this world arise from a mother's carelessness—from a mother not being watchful—from a mother grossly neglecting her duty.

189. *Mothers sometimes put their Children before their Husbands.*—Now, this is a wrong system altogether; it injures the child, and robs the father of his lawful affection and supremacy. The father should, of course, be made the *first* consideration—he being the head of the household and the author of the child's existence. A child should be made to look upon his father with the greatest reverence and affection; and the mother should do all she can to uphold his

authority in the eyes of his child. The child should be made to understand that it is impossible for the father to do wrong. Unfortunately in these days the children are made the first consideration, and, as they grow older, rule the household, and become regular tyrants, and, in consequence, lose all affection and respect both for their father and for their mother; for if they fall from the irallegiance to the one, they are sure to fall from their allegiance to the other. The world is full of undutiful children, and it principally arises from the cause I have just enumerated. I cannot, therefore, speak too strongly in the matter, nor call too energetically on a mother to abate the evil, for it is emphatically *a mother's question*.

190. *Mother's Smile*.—A child frequently needs the smile of his mother to cheer and to comfort and to sustain him in well-doing. The smile of a mother is like manna in the wilderness, like water in a thirsty land, like sleep to the weary, like home after a hard day's work—cheering and refreshing! What than a mother's smile is more sweet at the moment and more precious in the remembrance—even when Time has whitened the hair and wrinkled the brow? Blessed are the days of childhood! Blessed is the remembrance of a mother's smile! How many a time has the recollection of a mother's endearing

smile restrained a man from wickedness and kept him in the paths of virtue!

191. *Mothers who are Quacks.*—A mother who is a quack is always looking out in her child for some symptom that she might prescribe for: if the child has the slightest cough, he must instantly have a dose of squills or of ipecacuanha; if his bowels have been one whole day without being opened, he must have either a dose of castor oil, of syrup of senna, or of rhubarb and magnesia; if he have been at all restless at night, he must have a dose of composing medicine; if he have eaten anything that has disagreed with him, and has in consequence a little flatulence, he must have a dose of “wind” mixture; if he complain of any little ache or pain—in his toe, for instance—he must have it rubbed either with camphorated oil or with some wonderful nostrum of her own composing! The nursery cupboard or the nursery mantelshelf, perhaps both, are crammed full of bottles of physic, quite enough, in some instances, to furnish completely an apothecary’s shop. Now, all this is folly in the extreme—it is worse than folly. It is criminal; for she poisons—she slowly poisons her poor unfortunate children! If a child be really poorly, let a doctor be sent for—he is the proper person to apply the remedies. A quacking mother is a misfortune to her child,

and makes plenty of work for the doctor—the only person that can be benefited. Depend upon it, that if a child be physicked for every little ail or ache, that child will be a delicate child, and will be very often on the sick list! Physic is not intended for healthy children—it should be kept for what it is necessary for, and for which it is a blessing—real illness!

192. *Mothers who are Querulous and Fault-Finders.*—A mother who is querulous is sure to make her child querulous—and if querulous, cross and most disagreeable. Nothing goes right with some people; it is either too hot, or too cold, or too damp, or too close, or too windy, or too anything else except what it really is! Nothing in her querulousness is right or proper, or what it should be—the world, with her, seems turned topsy-turvy! Now, a mother should teach a child to take everything as it comes, and to look upon everything on the bright side; but how can this be done, if the mother herself be always querulous and fault-finding? Impossible! Truly a querulous mother almost always makes a cross, disagreeable child!

193. *Mothers who overlook their Children's Faults.*—A mother who overlooks her child's faults is sure, sooner or latter, to be punished for her gross dereliction of duty. A mother is,

or ought to be, the captain of her child, and should enforce discipline—not with severity—for that would only defeat its proper ends—but with love and kindness; but discipline must be her watch-word! If a boy is to turn out a noble character, he must, from early childhood, be taught discipline. Discipline, when tempered by kindness, and assisted by common sense, is the best teacher of a child in the world!

194. *Mountain Air* is very exhilarating; more especially if it be in the proximity of the sea: the mountain air and the sea breezes being a combination unsurpassable. What can be more charming and delightful and inspiriting than mounting the hills on a clear beautiful sunny morning, and listening to the larks soaring to the skies and trilling forth their matin roundelays? The higher the climber mounts the hill, the fresher and stronger he feels:—

“But on and up, where Nature’s heart
Beats strong among the hills.”—*Milner*.

How truly might one who is breathing mountain air exclaim—

“I drink the air before me.”—*Shakspeare*.

195. *Muscular Christianity* is now in vogue, and a splendid fashion it is. A man will make none the worse Christian for having a well-

developed biceps and deltoid. A man who is strong can be of use to his fellow-creatures, and will be able to fight, as it ought to be fought, the BATTLE of LIFE; while a poor puny wretch of a man—one who is not physically half a man—is unable to assist either himself or others; he is almost sure to be selfish, and to think only of his own health—of his pains, aches, and infirmities. Whoever heard of a hypochondriac being of much service to his fellow-men? The thing is impossible! If he had the will, he has neither the strength nor the ability. The pride of a man is in his vigor of body and in his power of intellect! If this be true, and it cannot be gainsayed, how important it is that a child should, by every available means, be made strong: it is of very little use to begin except at the beginning.

196. *Music*.—Every child, both boy and girl, should be taught music betimes—vocal music especially. Singing does good in many ways both to the body and to the mind. To the body: it expands the lungs; it sweetens the voice—and what is more pleasing to listen to than a well-modulated voice? it improves the pronunciation—which, with many children, sadly wants improving; for how wretched their pronunciation usually is; it benefits the digestion; it encourages the circulation; it is a great

enjoyment. To the mind: it does good to the mind; it is refining and ennobling to the mind, as well as invigorating and bracing to the body; and is, of all accomplishments, the one to be admired and cultivated.

197. *Nagging*.—A mother who is always nagging at her child is sure to ruin his temper. It is a miserable state of things to be always finding fault with him, and snapping him up continuously. A child should be joyous, but how, if he be continually nagged at, can he be? His temper, however sweet, cannot without injury stand it—it must sour it. A nagged child is invariably made a cross child—and a cross child is not a thriving child. Crossness and thriving are incompatibles!

198. *Name and Address in Hat or Bonnet*.—I saw, the other day, a piece of excellent advice in “Maxims by a Man of the World,” which I think worth recording in these pages, and which is this—that a mother should always have the name and address of her child sewn into the hat or bonnet, in order that, if her child be lost, he or she may, by such means, be readily traced. A child is “a vara eel,” and may slip away unperceived from the custody of a nurse—of one who is not very vigilant, and which may, in consequence, cause great anxiety. Num-

bers of children, principally among the poor, are lost every year in London, and in other large and crowded cities; hence the importance of the advice just given.

199. *Narrow-chested Children*.—The health of a narrow-chested child demands especial care and attention, or consumption will, probably, mark him as its own! A narrow chest denotes great delicacy of constitution—is a sure and certain sign! Health, in such a case, must be the chief object, on which all else must hinge.

200. *Neat as a Pin*.—Every child, *in* the house, should be as neat as a pin; every child, *out* of the house, if he be healthy, and with his proper play clothes on, may be as dirty as a little pig! Every child in the house should be neat—as though he were, as he ought to be, well-cared for. A careless mother and a slatternly nurse are very fond of make-shifts—of pinning on things that ought to be buttoned, of tacking things together that ought to be sewn, of doing anything, in fact, that will save them a little *present* trouble. This certainly is not the way a child should be instructed in neatness and in tidiness—two necessary qualities for every child—especially for a girl; for, after all, it is example that sways a child, either for good or for evil. Untidy mothers almost invariably make untidy children!

201. *Never give a Child a Reason.*—Arguing with a child is sure in the end to make him disobedient. A mother should desire her child, as the case might be, to do a thing, or not to do it, and she should see that it be done, or not be done; for a mother must, in such matters, be always obeyed. Of course, I do not mean that a mother is to be a tyrant—there are many little things that it would be tyrannical for her to insist about. There are subjects in the culture and training of a child that may be divided into two categories—the one, the essentials; the other, the non-essentials; the one she must be obeyed in; the other it would be well for her not to notice—for if once noticed it must be remedied.

202. *Never lose any Time.*—A child should have his time fully occupied—he should never for one moment be idle, and should never allow “the grass to grow under his feet.” How can a child be constantly occupied? Very readily—if he be sent into a large play-ground, or field, or open space of any kind, with plenty of toys, of tools, of spade and rake for his own garden—that he may play at peg-top, trundle his hoop, fly his kite, dig and delve in the ground, knuckle at marbles, play at horses, run at hare-and-hounds, kick a foot-ball, and kick out the toes of his shoes at the same time—money being well-

spent in shoe-leather for that purpose—in short, any game not of a dangerous nature, that he himself chooses to play at; for the game he elects himself will give him far more pleasure than the one selected for him: “Never lose any time. I do not think that lost which is spent in amusement or recreation some time every day; but always be in the habit of being employed.” (*Mrs. Fry.*) Of course, when he is tired with his play, he should lie down upon the floor and rest himself; and if he be inclined to fall asleep, he should not be prevented from doing so—nature manages these matters much better than a mother can do. I do not call necessary rest and sleep a losing of time—both the one and the other are for a child time not lost, but well spent.

203. *Night Terrors.*—The night terrors of the young are truly painful to witness: his frightened face—the picture of terror; his stifled sobs; his streaming tears; his violent perspiration; his clinging to his mother’s neck—all tell a tale of distress and anguish almost too much for his weak little frame to bear. “In the ordinary commeree of adult life there is probably nothing half so distressing as the night fears of the young—the horrible dread of solitude and darkness which crushes the childish heart. There are some sensitive and excitable children

whose lives are embittered by those vague apprehensions of night dangers, of which ghosts and thieves are the most tremendous, for the latter part of each day overclouded by the dreadful shadow of approaching bedtime." (*Cornhill Magazine*.) Night terrors often arise from a mother delegating her duties to a nurse. Happy is that child who has a mother who will herself look after him, and who will not leave him to the tender mercies of the majority of nurses. Some few will do their duty—and are most prizeable; but such are exceptions, and not the rule. The best way then, is, as I have before advised, for the mother herself to be her child's head-nurse. A fashionable mother must, of course, delegate her duties to hirelings, who have no tender care or natural love for other people's children; moreover, a fashionable mother would think it horridly low and vulgar to be a nurse to her child! "Careless, fashionable mothers make cruel, careless nurses; if parents do not think their offspring worth looking after, they can hardly expect a hired menial to do it for them." (*The Times*.) Where a mother is herself the head-nurse we seldom hear of night terrors in a child. Night terrors are sometimes caused by the little patient laboring under worms; at other times, by imprudence in eating—by allowing him to eat, especially for supper, either improper or indi-

gestible food. How often have I heard a silly parent declare, that her child should live as she lived. Can anything be more absurd? If night terrors have been caused by worms—appropriate worm medicine will be required; if they have been induced by either improper or indigestible food—a mild aperient, and, for the future, a more careful selection of diet, will be needed. But the most frequent cause of night terrors, however, is a wicked nurse frightening a child by telling him horrid tales of ghosts and hobgoblins, and of monsters who, if he does not behave himself, are coming for him. Oh, the fool, the wretch, and the idiot, to talk such rubbish to a little, innocent, tender-hearted, impressible child—it almost makes one's blood boil with indignation! A child who has, during the day, been frightened by such a creature cries and sobs, when he goes to bed, as though his little heart would break: it is painful, beyond measure, to witness his weeping and terror; and our anger is kindled beyond all bounds to know who has been the despicable cause of all his suffering and misery. I have entered rather fully into the subject of *night terrors* in one of my other works—*Advice to a Mother*—I beg, therefore, to refer you, for further particulars, to that volume.

204. *No Secrets from a Mother*.—Some silly nurse-maids are in the habit of desiring their

little charges to keep secrets from their mothers. Now, this should not, for one moment, be allowed—a child should tell his mother everything; he should be towards her as open as the day: hence a mother should be her child's confidant, and she should listen to all his little secrets—and all children have secrets, or, what is much the same thing, what they themselves consider to be secrets.

205. *Nothing to Do!*—Truly it is a deplorable state of things for a young lady to have nothing to do! Although in this world's goods she might be rich, yet she is, notwithstanding, in reality, very poor:—

“Poor indeed thou must be, if around thee
Thou no ray of light and joy canst throw,
If no silken cord of love hath bound thee
To some little world through weal and woe.

“If no dear eyes thy tender love can brighten,
No fond voices answer to thy own,
If no brother's sorrow thou canst lighten,
By daily sympathy and gentle tone.

“Daily struggling, though inclosed and lonely,
Every day a rich reward will give,
Thou wilt find, by hearty striving only,
And truly loving, thou canst truly live.”

Harriet Winslow.

It is sad for a fashionable young lady to have nothing to do; but it is equally sad for a child,

in the way of play, to have nothing to do. If he can find nothing to do in the house, his mother should send him into the open air, with his play-things and with his dog—if he have one; and every child should have his dog, a dog being a never-failing source of amusement to a child—and he will find something to do, and something, too, that will give him both health and happiness. It is desirable, when practicable, for a child, or children, to accompany your child in his walks, or in his play. One child can enter into another child's feelings, and can join in each other's games, and can amuse one another far more effectually than "children of a larger growth" possibly could do.

206. *Nude Infant.*—Talk of beautiful statuary! A naked healthy babe is far more beautiful. It is, after his morning's bath, a pretty sight to watch, on his nurse's lap, a nude infant—kicking and stretching and cooing and enjoying the freedom of his limbs, while divested of his clothes: clothes are to him—whatever they may be at a later period of his existence—a wearisomeness of the flesh.

207. *Nurse should tell a Mother Everything* that happens to the child; but how can this be done unless the mother herself be vigilant, and look well, not only after her child, but after the

nurse herself? If a mother were told of the passing events of the nursery—for instance, of any sign of illness, however slight that indication might be—how many an illness might be nipped in the bud, which otherwise might have assumed most serious proportions?

208. *Obedience*.—A child, from babyhood, should be taught obedience, and it will then become, as a matter of course, a confirmed habit. A child should be made to look upon his parents as God's vicegerents here upon earth, which they undoubtedly are. Once let a parent allow a child to be disobedient, and all authority is at an end. There is too much disobedience in this world; there are too many people wanting to rule, and too few anxious to obey—most people, now-a-days, insist upon being masters, and lord it over those even in authority; but such, whatever it might be with them—and submission is not the order of the day—must not be the case with children—the parents themselves *must* be the rulers; while their children *must* be their subjects, and must obey: it is good for them; it is important for them; it is necessary for them; for if children be allowed to be educated in the school of disobedience, woe betide the children, and every one connected with them. Disobedient children make terrible and cruel tyrants; and who makes them disobedient? The parents

themselves! To them will be the blame, and they will be the copartners, as they richly deserve, in the after-suffering which will inevitably follow.

209. *Obliging Child*.—An obliging child is one to be admired; so different is he to one who is not disposed to gratify the wants and wishes of those around him. There is a charm about an obliging person which is very fascinating, and which may in childhood, like almost every other good quality, be cultivated; hence the importance of attending to these little matters early in life, before habits become fixed; for if they be once formed, there is no changing them afterwards. A grumpish, disobliging child is most disagreeable; he makes enemies in abundance, but never a friend—a real friend; while, on the other hand, an obliging child is caressed and esteemed by all around him.

210. *Obstinacy in a Child* may often be counteracted by love, by gentleness, and yet by firmness—by discipline. It is of no use driving an obstinate child; if a mother attempt doing so, he will become mulish. She may often *lead* an obstinate child by a silken thread whom she could not *pull* by a hempen cord!

211. *Of Recreation*.—Every mother should remember that her child must have recreation—

it is as necessary for him as the air he breathes, or as the food he eats; indeed, play ought to be a child's chief occupation. Childhood is the time for play; manhood for work. They are both needful—indispensably needful—for the human economy; and they hold the same relation the one to the other. A mother should always bear in mind that out-door recreation is the best. There is not much enjoyment in recreation in close rooms—it is the air of heaven and the glorious sunshine that make recreation so fascinating to a child, and so beneficial to his mind and to his body. A child should, weather permitting, live at least half the day in the open air; he would then, provided he were judiciously managed in other ways, be as strong as a little Hercules; instead of being, as many are, half his time on the sick-list. If a child be healthy, and kept healthy by proper care and attention, very little sickness will fall to his lot. A child more thoroughly enjoys recreation than does an adult; he throws his heart and soul into it; which “Children of a larger growth” seldom do:—

“Wherein art thou wiser than the child, that
Is pleased with toys and baubles.”—*Tupper*.

212. *Of Writing*.—Although I am opposed to much book-learning for a child, I do not object to his being taught writing. Book-learning, as

it requires thought, injures a child's brain; but such is not the case with writing—writing being principally mechanical—requiring, in the process, but very little thought. Unless he be taught writing when a child, he seldom excels in it afterwards. His fingers, when he is young, are lissom and pliable, and can readily be brought into subjection. Now, a good, clear, bold hand is a great acquisition to a man; and will be most useful to him in his intercourse with his fellow-men. Many men write so illegibly that they can scarcely read their own writing; it is a labor to read their letters; indeed, it is sometimes impossible to decipher them. The use of a pencil and slate is a great amusement to a child; on his slate he can not only draw his imaginary figures of men, of horses, of cats and dogs—wonderful to behold!—but likewise his straight strokes, his pot-hooks, and his round Os; for, after all, these strokes and hooks and Os are the very ABC of writing—the very rudiment, as it were, of the art. A child who can form these well is sure to make a good writer, as far as the manual part is concerned—and which is really and truly a most important part of the writing!

213. *Old Heads on Young Shoulders* are not to be expected; indeed, are not to be desired—a child should be a child—childlike; a boy should

be manly, but not mannish. There is both a distinction and a difference between the two: the one is a noble little fellow; the other is a little puppy!

214. *On Faults and Failings.*—Faults and failings, if not early checked, will blossom into sins. Every man, however wicked he might be, takes his degrees in wickedness; he begins with faults which run into sins, and which, at length, end in crimes. How important it is, then, for a mother to check if possible—and it frequently is possible—evil propensities in her child, at the very early dawn of his existence—the earlier the better. How essential it is, that the faults and failings of a child be nipped in the bud, ere they blossom into sin; for if they be not nipped in the bud, they will assuredly become sins, and in due time, will bring forth the fruits of wickedness.

215. *On Flattery.*—A mother ought never to flatter her child; she should praise him—if he deserve it—but not flatter him. There is a great difference between flattery and praise—flattery is generally, in the main, untrue; while praise may be deserved, and may be perfectly true. There is something contemptible in the one, but ennobling in the other. If a child have acted wisely and well, praise from his mother's

lips is deliciously sweet, and is very good for him; it refreshes him and it gives him courage to do the like again—to persevere in his well-doing!

216. *On Formation of Character.*—Childhood is the time for forming a character; unless it be formed then it is a waste of time to try to form it afterwards—the first impressions being the deepest and the most lasting. A character, then, either for good or for evil is formed, and only formed, as a rule, in childhood. If this be the case, what a fearful responsibility rests upon a mother—which it really and truly does—the most onerous that can be put upon the shoulders of any one—requiring, on her part, earnest prayer, watchfulness, vigilance, and abnegation of self.

217. *On Poor Children Earning their Bread.*—It is grievous that children of the poor, at a very tender age, have to *earn* their daily bread. It is not only grievous, but it is a disgrace to any civilized country to allow such malpractices! And of all places in the world—England! rich England! humane England! What has a poor child to do with work? He is made for play and not for work. Work is for him a burden too heavy to be borne! Hear what Elizabeth

Barrett Browning says the children of the poor ought to do—and she is undoubtedly right:—

“ Go out, children, from the mine and from the city—
Sing out, children, as the little thrushes do—
Pluck your handfuls of the meadow cowslips pretty—
Laugh aloud, to feel your fingers let them through!
But they answer, ‘ Are your cowslips of the meadows
Like our weeds anear the mine ?
Leave us quiet in the dark of the coal-shadows,
From your pleasures fair and fine ! ’ ”

218. *On the Proper Time to Marry.*—A mother should know that her girl has a better chance of future good health if she defer marriage until she have passed the age, at least, of twenty. Besides, the bones of the pelvis are not fully developed—are not of their proper shape and size—until she have attained the above age—the consequence being that if she have a child she might have a hard and tedious labor. There is much wisdom in Cowper’s lines “ on the proper time to marry,” and is worthy of the earnest attention of every mother who has daughters to marry, and of every lady who values her future health and happiness :—

“ Misses ! the tale that I relate
This lesson seems to carry—
Choose not alone a proper mate,
But proper time to marry.”

219. *Once Bit twice Shy*, is a proverb peculiarly applicable to a child ; he has an excellent mem-

ory, and, having once suffered any particular pain, rarely forgets the remembrance of it. If he, for instance, has ever been taken to a dentist and had a tooth extracted, it would take a great deal of "moral suasion" to induce him, unless backed by main force, to repeat the visit, and to undergo a repetition of the infliction: "Once bit, twice shy."

220. *Once Well done is better than twice Half-done.*—If you wish, in the management of your child, to do a thing really quickly—take your time over it, and it will be done well, and it will then not require doing over again; which, if it be slurred over, it assuredly will. A child, for instance, who is once every morning *thoroughly* washed, is more speedily benefited than one who is partially washed both night and morning—well exemplifying the old adages—"The most haste, the least speed;" "if a thing be worth doing at all, it is worth doing well;" "if you want a thing done, do it yourself." These old saws, in the rearing of your child, are most important to bear in mind. The pair of eyes and pair of hands of a vigilant mother are, as far as her child is concerned, far more useful than the eyes and the hands of a whole troop of servants, however trusty such servants might be.

221. *One is not so soon Healed as Hurt*, is a true saying, and worthy of being remembered

by every mother. This is only another form of putting the value of vigilance in; if a mother were more vigilant in looking after her child herself than she now is, her child would very seldom be hurt; which hurt might be quickly done—as quick as thought; although it might take days, or even weeks, or even a lifetime, to repair the injury; and for the mother to recover from her annoyance and vexation, of knowing that she herself was the author of all the pain and misery that had been entailed upon her child—from having neglected her duty towards him!

222. *Opiates for a Child.*—It is a murderous practice, except in extreme cases,* for a mother to give opiates to her child; it is like a person playing with edge-tools, which will, assuredly, sooner or later, wound the player! A quacking mother will, if her child have a cough, give him, without scruple, a dose of paregoric; or, if he be restless at night, a dose of Dover's powder—paregoric and Dover's powder both being powerful preparations of opium. Now, a medical man himself is most cautious in the giving of opium to the young—he knows the danger—the risk of prescribing it to a child; but “fools rush in where angels dare not tread.”

* And which I have indicated in one of my other books—*Advice to a Mother*.

223. *Opinionative Child*.—An opinionative child is a most disagreeable little animal; he gives his opinion on every occasion, and lays down the law as though he were a Solon. The only way of curing him of his opinionativeness is to laugh him out of it, to put it in a ludicrous light, in order that he may see the folly of his crude notions, and thus cure himself of them.

224. *Order*.—Every child should be taught order—it should be one of his earliest lessons. He will find it, in passing through life, a most useful virtue—for virtue it really is. A man without order is like a ship without a compass, or a boat without a rudder—tossed about on the rough and stormy seas. A man *with* order can do at least treble the work of one *without* order. A man with order is never flurried, however busy he might be. Teach a child, then, order; it will be of wonderful service to him in after-life, and will cling to him as a part of himself. “Let everything be done decently and in order” is an excellent precept, and should be engraven on a mother’s memory. Order saves no end of trouble, and often prevents work from being done over and over again. A man of order is never in a hurry; he makes his plans, which he deliberately and resolutely follows. *But how can a child be taught order?* Readily! When he, for

instance, has finished playing with his playthings, and with his pencil and slate, he himself should be made to put them by in their proper places, so that he may, when he wants them again, be able, at a moment's notice, to find them. By doing so you will, at an early age, induct him into good habits, and teach him in childhood—when it is more readily taught—the importance of order—of a place for everything and of everything in its place. Such lessons, when he becomes a man, will be of inestimable benefit to him. Some men have no order, no method, no system; nearly half the day is wasted by them in setting things wrong, the other half the day, right. Order oftentimes does more for a man than genius. It has been by Pope truly said that—

“Order is Heaven's first law.”

225. *Our Bodies are our Gardens*, and we can cultivate them even as gardens are cultivated, to bring forth either sweet herbs or noxious weeds. “’Tis in ourselves that we are thus, or thus. Our bodies are our gardens; to the which, our wills are gardeners: so that if we will plant nettles, or sow lettuce; set hyssop, and weed up thyme; supply it with one gender of herbs, or distract it with many; either to have it sterile with idleness, or manured with industry; why, the power and corrigible authority of this lies

in our wills." (*Shakspeare.*) How true to the very letter all this is—more especially as concerning children. Truly their bodies are as gardens; their wills as gardeners; and their mothers as their teachers of the art of gardening. How necessary it is, if such be the case, that the mother herself should understand the soil, the seeds, and the best kind of manure; indeed, anything and everything requisite in the cultivation of the gardens of her child's mind and body.

226. *Over-feeding and Under-feeding.*—It is not the quantity that a child eats, but the quantity he digests, that nourishes his body; many people are as much starved by *over* as by *under* feeding: the best nourished are those who eat moderately, but digest what they eat: stuffing a delicate child with over-much food clogs the machine, and thus prevents its due action; it is like loading a nearly-extinguished fire with fuel to make it burn—the flame of the one is as likely to go out as the flame of the other.

227. *Over-bearing Child.*—An over-bearing child will, if his haughty and domineering ways be not early checked, grow up a tyrant. An over-bearing child is a nuisance in a house; he lords it over the dependants as though he were of a superior order of being—as though the

world were made for him, and for him alone; he firmly believes that servants were only sent to minister to his wants. Such a character will require from his mother careful handling; she must point out to him the folly, nay, the wickedness, of such conduct, and that all, even the most lowly, should be treated with gentleness, with respect, with courtesy, and consideration.

228. *Over-cloud not the Bright Horizon* of a child's life with severity—discipline he must have, but not severity; rob him not of its sunshine, for, alas! the morning of life fleets rapidly by, soon after to end in storm and clouds and drenching rain!

229. *Overcome Evil with Good* is a lesson that should be taught to every child. Poor human nature often tries to overcome evil with evil; but it is a dangerous, devilish doctrine, and always defeats itself, and ends in disappointment.

230. *Over-fed Child*.—An over-fed child is one who is stuffed to repletion. Such an one is always an unhealthy child—full of humors and full of ailments. An over-indulgent mother is always fond of stuffing her child—of cramming him until he can eat no more. Such a child is more frequently than otherwise under the

doctor's hands to have the stuffing worked out of him. Oh! the folly of some mothers! And the poor children—what of them? They are deeply to be pitied!

231. *Pain is often a Signal of Distress*—a warning of approaching danger. If it were not for pain, a child would be constantly running into danger; if it were not for the dread of pain, he would repeat the risk over and over again, until, at length, he would try it once too often, and serious consequences, and, perhaps, even death itself, may be the result. Pain as long as men, women, and children are in the flesh is a very necessity of life; indeed, if it were not for occasional pain, it is a question whether freedom from pain would be enjoyed as it now is. No happiness is so great as when a person is just recovering from a severe illness; then all seems to go on harmoniously, and life itself is perfect enjoyment—the air he breathes seems lighter than usual, the sun shines more brightly, the viands taste much sweeter; a heavy load seems taken from his shoulders and a heavy weight from his heart—and his whole frame is changed for the better. “Pain is a great conservator of life; it gives note of danger. The memory of pain is our great safeguard and protection. If the fire did not hurt the child, it would not withdraw its finger, there would

be no salutary dread of the fire afterwards. So also the pain that arises from any abnormal condition of our own organism draws our attention to the ailment, imposes rest, suggests remedial actions, and teaches caution for the future. We should die very rapidly if it were not for the pain of disease.”—*Gravenhurst*, William Smith.

232. *Pampered Child*.—A pampered child does not enjoy the greatest delicacy that can be set before him; while, on the other hand, a simply fed child deems a dry crust a luxury, and eats it with a relish. “The full soul loatheth a honeycomb; but to the hungry soul every bitter thing is sweet.”—*Proverbs*.

233. *Past, Future, and Present*.—The old man lives in the past, and, like the old soldier, “fights his battles o’er again, shoulders his crutch, and shows how fields were won;” while the middle-aged man thinks only of the future—of future joys, of future rest, and future competency; to these ends “he rises up early, and late takes rest, and eats the bread of carefulness;” while the child thinks only of the present—of the present hour, of the present gratification, and the present enjoyment: he might truly say with the poet:—

“Gather ye rosebuds while ye may,
Old time is still a-flying,
And this same flower, that smiles to-day,
To-morrow will be dying.”—*Herrick*.

234. *Path of Duty*.—The path of duty is the only road for a mother to travel; although it may occasionally be rough and rugged, it is withal pleasant; and, when the journey is nearly over, and she is about to leave the world, she will have the satisfaction of knowing that she has always trodden the path of duty, and that her memory will be forever blessed!

235. *Patience* is one of the most useful virtues a mother can possess; to be patient with her little child when he is wayward; to be patient with him when he is full of complaints; to be patient with him when he is in trouble—and a child's troubles are many and various; to be patient with him when he rouses her from her slumbers; to be patient with him when he is tired and cross, weak and weary; to be patient with him when he himself and all around him are impatient! Truly a mother should “possess her soul in patience,” and be very and for ever patient. “People are always talking of perseverance, courage, and fortitude; but “patience is the first and worthiest part of fortitude, and the rarest too.”—*John Ruskin*.

236. *Penny-Wise and Pound-Foolish.*—How many a mother to save a penny spends a pound! How often does she, for instance, to save a shoe-bill incur a doctor's bill! In this wise, she allows her child to wear a pair of boots with holes in the soles, which, of course, admit the damp, and thus may introduce an attack of illness—of bronchitis—or of some disease arising from the catching of cold—whose name is Legion! A mother, then, should not be penny-wise and pound-foolish; but pay the penny at once, before compound interest make it—which it soon will—a pound!

237. *People live Longer Now than Formerly;* but it is owing to increased medical skill and to improved sanitary knowledge—keeping alive the puny, the delicate, and the diseased; but, unfortunately, these imperfect creatures, who swell the ranks of the population, will, if they marry, only propagate puny, delicate, and diseased progeny like unto themselves. Not only do children inherit the physical diseases, but they inherit, likewise, the moral infirmities of their parents.

238. *People Diseased and Delicate ought not to Marry*—they have no right to marry; if they do, a reckoning day will assuredly come, when they will have to pay the extreme penalty for

their temerity and folly. Truly marriage is a solemn responsibility, and should not, without mature consideration, be entered into. Pure blood and pure mind are, in marriage, far above either riches, or rank, or any other earthly possession whatever!

239. *People must Eat Well and Sleep Well to Feel Well*; but for a child to sleep well, is far more necessary to his health, than even for him to eat well—sleep being more necessary for a child than aught else, or than for everything else beside! If a child cannot sleep well, a doctor is needed to find out the cause, or something serious will, probably, happen. If a child lose his appetite, a mother may depend upon it that there is something wrong about him, that requires immediate investigation—investigation by a skilful medical man.

240. *Perfect Love*.—There is one person in the world that a child never fears, and that person, I need scarcely say, is his mother. And why? Love is the ruler—love is the talisman. He knows it intuitively; instinct teaches him; her voice tells him; her manner informs him; her eyes speak to him in a child's own language—in the language of love! Her love towards him is the absorbing passion; her love is perfect love; her love is sterling gold without a particle of alloy!

241. *Perils and Dangers*.—A child every day of his life, has to go through a series of perils and dangers. A mother must endeavor, in the bringing of him up, to hit the happy medium, and be neither timid nor fool-hardy. A boy, for instance, ought to be taught to swim, but she should not permit him to have lessons from any one but an experienced swimmer. A boy, when practicable, ought to be allowed to ride on a pony; but he must, when a child, be strapped on the pony; the pony must be steady, and a responsible person must take charge of the reins, until he be old enough to ride alone and without being strapped on. A child is best taught to ride *without* stirrups; for if he tumble off the pony's back, he would be the less likely to hurt himself. A mother ought never to allow her child to swing on the banisters of the stairs—such being a most dangerous amusement; for if he were to loose his hold, he might fall on his head and be killed. I must enter my strong protest against a boy being allowed the use of fire-arms until he be old enough to comprehend the danger. I have known, in more instances than one, disastrous consequences result from such over-indulgence. A mother, then, should steer between fool-hardiness and timidity; which is difficult at all times to do, as many of the subjects are that she has to grapple with; but she must, without fear or affection, to the best

of her ability, decide upon the best course to pursue, and, having once decided, she must act upon it accordingly. She should bear in mind that this is a rough world, and that she must not bring up her boys to be effeminate—to be too timid: on the other hand, anything glaringly dangerous must not be permitted, as a child is “more quickly hurt than healed.”

242. *Perseverance*.—Encourage a child to persevere; the word “can’t” ought not to be found in his dictionary. Perseverance will overcome nearly every difficulty that might obstruct his path—not only now, but for the remainder of his life. There is nothing like beginning lessons of perseverance early in life—you cannot begin too soon. It is surprising what in this world may be done by indomitable perseverance, and what a deal of wasted power it would save. If it had not been for perseverance (of course combined with genius), we should never have had an Arkwright, a Watt, or a Stephenson, to shed a halo of glory around the name of England. Napoleon Bonaparte once remarked, that an Englishman’s determination and perseverance were so great, that he never knew when he was beaten! May we never lose that character! Encourage a child, then, whatever obstruction may be in his way, to persevere—“even unto

the end." What a beautiful picture Shakspeare paints of perseverance:—

" Wise men ne'er sit and wail their loss,
But cheerily seek how to redress their harms.
What though the mast be now blown overboard,
The cable broke, the holding anchor lost,
And half our sailors swallow'd in the flood,—
Yet lives our Pilot still."

Luckily for the rising generation, boys themselves, as a rule, do not know the meaning of the word *fail*:—

" In the lexicon of youth, what fate reserves
For a bright future, there is no such word as *fail*."

243. *Physicking a Child*.—A mother should thoroughly understand that physic is injurious to a child, unless he be really unwell; and that it is the height of folly for a mother to be everlastingly, for every slight ailment, physicking her child. It is high time that truth were told in this matter; for some mothers are never happy unless they be quacking their children. If a child be really poorly, a doctor is the proper person to physic him. "No; I will not cast away my physic, but on those that are sick."
—*Shakspeare*.

244. *Pigging Ways*.—A child should be made a little gentleman of, and should be treated as a gentleman—courteously. A child should have

the surroundings of a gentleman, and should not have his meals served in a pigging way, as though, if he had his meals, it little mattered how they were served! A mother should remember that once a gentleman always a gentleman—once a clown always a clown. A child cannot put on and off his manners as he can put on and off his clothes!

245. *Pillow or no Pillow for a Child's Bed.*—A pillow is not at all necessary for the bed of a child—he sleeps better and cooler without one. A large feather-pillow in the summer time heats his head unmercifully, and throws it into a violent perspiration, and thus weakens him exceedingly. A large pillow, especially if he be weakly, throws his neck into the wrong direction; it interferes with the graceful formation of the spine, and makes him crooked and ungainly. My opinion, then, is that a child is better without a pillow; but that if a mother does not like to dispense with a pillow altogether, let the pillow be small, just sufficient to slightly support the head and neck, without half-smothering him, without making him perspire violently, and without putting his neck awry, all of which a large pillow unquestionably would do. I need scarcely say that a bolster on a child's horse-hair mattress (and he should

always lie on a horse-hair mattress) is perfectly unnecessary.

246. *Plain Speaking in a Doctor.*—If a doctor should see a mother bringing up her child—one of his own patients—foolishly, he should tell her of it, courteously, of course, but yet plainly, and without reservation. He should call things by their right names, and let her understand the real state of the case. How many an illness might be prevented, if a mother were warned in time, by the plain speaking of her doctor; for really it is quite as much a medical man's duty to *prevent* as it is to *cure* disease—doctors may truly be called *the policemen of health*. “It is his duty to warn you against what is injuring your health. If he finds his patient has brought disease upon himself by sin, by drink, by over-work, by over-eating, by over anything, it is his duty to say so, plainly and firmly, and the same with regard to the treatment of children by their parents; the family doctor should forewarn them; he should explain, as far as he is able, and they can comprehend them, the Laws of Health, and so to tell them how to *prevent* disease, as well as do his best to *cure* it. What a great and rich field there is here for our profession, if they and the public could only work well together! In this, those queer, half-daft, half-wise beings, the Chinese, take a wiser

way; they pay their doctor for keeping them well, and they stop his pay as long as they are ill!"—*Plain Words on Health*, by John Brown, M.D.

247. *Play, and Plenty of It.*—If a boy is to be strong, he must have play, and plenty of it. He will, when he is a man, have enough and to spare of work. A boy is made for play—for athletic sports—for manly games, and not for bending his back all day long, poring over books. It is quite refreshing, in this age of book-learning, of abstruse study, and of close application, to read the following reminiscences of boyhood days:—

"I am a boy again ! The days come back
When smallest things made wealth of happiness,
And ever were at hand ! when I did watch
With panting heart the striking of the clock,
Which hardly sounded ere the book was shut,
Then for the race—the leap—the game—
The vigor and endurance of such joy !
Is't e'er to come again ! and care so light,
That, looking back, you smile you thought it care,
And call it part of pleasure."—*T. S. Knowles.*

248. *Playing with Fire.*—A child should be punished severely for playing with fire, almost more severely than for any other fault besides, unless, perhaps, it be the telling of lies ! A little wholesome corporal discipline, if milder

punishment have had no effect, must be resorted to. Children, as a rule, are very fond of playing with fire, and as it is a most dangerous amusement, it must be at once checked! But really, if a child be properly brought up, a mother's word alone should be quite sufficient to correct any and every evil propensity!

249. *Play-things*.—Each child should have his own play-things—which should really be as much his own as his father's freehold property. If a brother or sister should wish to play with the play-things of another brother or sister, the latter should be kindly asked permission. By adopting this course of procedure, a child will be made to respect the rights of property, and will early be taught the difference between *meum* and *tuum*, which, in this our day, is most important to be instilled into the minds of every child, and of every one else beside!

250. *Pleasant Words* ought always to be spoken to a child. He should be brought up in an atmosphere of love; and if that be the case, pleasant words will alone be heard by him. Harsh words to a child are quite unsuitable, and should never, for one moment, be used. "Pleasant words are as an honeycomb, sweet to the soul, and health to the bones."—*Proverbs*.

251. *Plenty of Food, of Play, of Air, and Sleep.*—If a child have plenty to eat, plenty of play, plenty of fresh air, and plenty of sleep, he cares but for little else besides—he is as happy as the day is long. It is not fine clothes, nor a fine house, nor a fine establishment, that will cause a child to be happy—certainly not: such extraneous circumstances are of little avail in making him—whatever they might have in making a man—happy. The pomps and vanities of the world are not half so delightful to him as bandy, taw, or ball. The peasant's child is quite as happy as, if not happier than, a peer's; and well he might be: his pleasures are more natural and simple, and thus are less likely to become wearisome and to cloy. The constant drinking of champagne would make one long for pure water; the frequent eating of sweets would make one turn away with loathing and disgust!

252. *Plough-boy.*—A plough-boy who has for hours been walking, without ceasing, over heavy clay furrows, might truly say:—

“I am weak with toil, yet strong in appetite.”

Shakspeare.

253. *Poetry of Motion.*—Dancing has been well styled “poetry of motion.” Every child should be taught dancing, as dancing is good for the health, good for the figure, and good for the

earriage. It is good for the health, as it expands the chest, thus giving room for the lungs to play ; it encourages both circulation and digestion. It is good for the figure, as it improves the figure ; it throws back the shoulders, and beautifies the shape of the leg—the calf especially. It is good for the earriage ; causing a graceful bearing, an easy deportment, and an elastic step. Moreover dancing is an agreeable amusement. These just enumerated are the bright sides of dancing ; but dancing has its dark sides—its drawbacks, for it is abused—as almost every good thing, in this world, is abused : it induces people to sit up late at night, to frequent hot and close rooms, and to breathe gas and other impurities. It is a pity that moderation cannot be observed in dancing, and that it be not followed as an evening's amusement, instead of a night's dissipation !

254. *Poor Men's Homes*.—The short lay sermons that I have preached, have usually been addressed *to* and *for* the benefit of “the upper ten thousand,” and of the middle class ; let me still address them, but not for their own *immediate* benefit, but for the benefit of those who cannot help themselves—for the benefit of the poor. Let me state my case, which is this : The Want, on a large scale, of Model Houses for the Poor, such want being *the* want of the day. My belief is, that charity begins at the wrong end ;

we require decent homes for the poor to begin with, in which there shall be, in each house, at least, three bed-rooms,—one for the father and mother, another for the boys, and a third for the girls; in order that the boys and girls may be separated from each other. What use is it to talk of chastity, when the two sexes are huddled together like pigs? What use is it to preach cleanliness—that “cleanliness is next to godliness”—when poor people have no means “to wash and be clean?” What use is it to talk of ventilation, when windows are not made to open? What use is it to declaim about the importance of drainage, when no drainage is provided? What use is it to talk of sobriety, when the poor inmates are in their hermetically sealed bedrooms—for chimney and every crevice are usually stopped up—breathing all night poison—poisoned exhalations from their unwashed skins, and from their ill-fed lungs—feeling exhausted as they must do, and flying, in consequence, in the early morning, to the nearest gin-palaces, to give them temporary relief—whose doors are always wide-open to receive them! and having begun in the gin-palace, they most likely end the day in an adjoining public-house? What use is it to employ clergymen to preach, when practices so vile are permitted? What use is it to employ the schoolmaster to teach, when, from these horrid surroundings, the unfortunate

man is utterly unprepared to receive instruction? No; we begin at the wrong end—we should give the poor man a decent home to live in, in order that he may first respect himself, and he will in due time respect others, and then we should send the clergyman and the schoolmaster to complete the good work. But how is all this to be done? Let the rich men and the rich women, out of their great superfluity, put aside a sum of money for the purpose; let them form, if they will, a Limited Liability Company, and purchase large plots of ground, in healthy neighborhoods, in every large town; let them employ an architect who understands the wants of the poor; let him see that there be thorough drainage; that there be every appliance in the house for washing; that there be a bountiful supply of good water; let every house contain at least three bed-rooms; let the rooms be lofty, and let every chamber have a chimney in the room. What a benefit and a blessing it would be to the country if this plan were carried out! How many a pestilence would be stayed; for many infectious diseases begin at the dwellings of the poor; but they do not end there—they spread like wild-fire to the mansions of the rich! Now, all that I have suggested may, by means of Limited Liability Companies, be done, and would in a short time pay itself. But there should this determination be come to in the matter—that

never more than 5 per cent. interest should be allowed in the transaction ; all above that sum should go to the benefit of the Model Houses—of increasing their accommodation—of extending their usefulness. It is a notorious fact, that small houses pay enormous profits. Now, in the plan I have suggested, the poor would reap the principal benefit, pecuniary and otherwise !

255. *Poorly Child*.—If a child be not ill, and yet not quite well, a mother should encourage him to almost live in the open air—to run wild—to lead a purposeless life ; she should throw his books to the winds—books, except picture-books, being, at any time, of very little use to a child ! Many a gallon of cod-liver oil would be saved the swallowing of, if this plan were more frequently followed ; but many mothers are fond of trying to serve two masters—of making a sick child attend to lessons and attend to health at one and the same time, which is an utter impossibility ! When a child, then, is neither ill nor well, there is nothing like perfect freedom—he should be as free as the wind, which “goeth about where it listeth.”

256. *Poison of an Ill Word*.—One ill word, sounding in the porches of the ear, spoken inadvertently, might cause years of suffering,

might embitter the mind for a life-time, and cause estrangement for ever—

“One doth not know,
How much an ill word may empoison liking.”

Shakspeare.

257. *Praise*, if judiciously given, is very good for a child—it encourages him to good actions, far before either toys or sweets. A loving word of commendation from his mother gives a child great joy and gladness, and is more grateful to him than aught else besides. Whenever, then, a mother can, with justice, praise her child, she should do so. Praise—from a mother's lips especially—is very sweet, and is a great incentive to a child to do right, and “to continue in well-doing.” It might be said, that praise will make a child vain. I do not think so—not if praise be truthful, not if it be deserved, and not if it be judiciously given. Praise will certainly make a child very happy, and it is a blessed thing to make any one happy—a child especially. Sydney Smith says that—“Praise is the best diet for us all.”

258. *Press not a Willing Horse*, neither press a willing child, as some silly mothers do, with book-learning. A willing child for his books, like a willing horse for his work, requires the curb and not the spur—to restrain rather than

to urge him on to his manifest injury. How many a willing child has lost either his intellect, or his health, or both, and has been conveyed to an early grave by a mother's folly in using the spur instead of the curb, and thus urging him on to his destruction! Alas! the world is full of such folly! A mother, in trying to make her child a prodigy, often ends by making him a fool! Moreover, a clever child, as he is called—one crammed with book-learning—is a most objectionable and disagreeable little animal! He talks like a book, or rather like a parrot—the parrot knowing what he is talking about just as much as does “the bookish blockhead” of a child! Do I blame the child? Certainly not; the mother is the one to blame—as the child is the one to suffer; but, in this world, the innocent have often to suffer for the guilty—the child for his mother's ignorance, and for his mother's folly, and for his mother's vanity; for generally, in those cases, there is a combination of all three of the latter failings!

259. *Pressing a Child to Eat* when he has had enough is folly. A child's appetite can tell much better than can a mother, whether the stomach be satisfied or otherwise. The moment a child should say “No more,” not a bit more should he have, as every morsel after that will do him harm instead of good—nature points out when

he has had enough. Oh! if mothers were more inclined to take nature, and not their own preconceived notions, for their guide, how much better it would be for their children!

260. *Promises* to a child ought to be religiously kept; if they be once unfulfilled the child will, for the future, have a mean opinion of you—the charm is broken, never to be repaired. A promise is a debt of honor, and ought always to be paid in full. A child has a good memory, whatever a parent might have, and never forgets a promise. Be careful, then, in making a promise, but having once made it, keep strictly to your bargain: “Take heed what you promise, see that it be just, and honest, and lawful, and what is in your power honestly and certainly to perform; and when you have so promised, be true to your word.”—*Hale*.

261. *Pronunciation*.—Every child should be taught pronunciation; for very few children pronounce their words properly; and yet there is a great charm in a good pronunciation; but unless it be taught early in life, it is seldom learnt afterwards. Some children speak with closed mouths—they mumble; others shout at you as though you were “as deaf as a post;” some children elip their words—chop them right in two! Now, all those habits are very objec-

tionable, and very painful to listen to. A good pronunciation is much to be desired, and is really a very charming accomplishment—for accomplishment it really is—and can only be properly learnt in childhood. Good pronunciation is very characteristic both of a lady and of a gentleman. No boy should be brought up to the clerical profession unless he have a good voice and a good pronunciation—however well qualified he might be in other respects to fill such a station. How much a good voice and a good pronunciation are required on the stage; but how much more are they needed in the pulpit! Truly, a good voice and a good delivery are absolutely necessary in the clerical profession; but they are unfortunately not always to be found!

262. *Propensities of a Child.*—A mother should encourage her child's propensities if they be good, and repress them if they be evil. Childhood is the only time when impressions can be made on his propensities. If, for instance, he be disobedient, he must, by discipline, be taught obedience; if he be a liar, he must, by speaking "the truth in love," be led into the way of the truth; if he be violent, he must, by gentleness and yet by firmness, be taught gentleness. The propensities of a child either for good or for evil early show themselves. A child when very young generally discloses the stuff that he is

made of; he often shows his evil propensities—"the old Adam" peeping out of him; hence the necessity of mental culture and training. "Even a child is known by his doings, whether his work be pure, and whether it be right."—*Proverbs*.

263. *Pull all Together*.—A father and a mother in managing and in training their children should have "a long pull, a strong pull, and a pull all together;" there should be no divided authority; for if there be, discipline cannot be enforced, good rules cannot be observed, and good results, therefore, are not likely to follow. If the father give one order to his child one minute, and the mother a totally different one the next, what can the poor child understand thereby? How can he interpret such discrepancies? He is bewildered—he gives it all up as a bad job, and, therefore, "gangs his own gate." Unanimity between father and mother in the bringing-up of their children is essentially necessary, or evil results will assuredly follow.

264. *Punishment*.—I have a great objection to corporal punishment—as two of my other works, *Advice to a Mother* and *Counsel to a Mother*, abundantly testify. Is corporal punishment, then, never necessary? Yes, now and then—that is to say, but very seldom, and even then, not until other means have been tried, and have

failed. When is corporal punishment allowable? When a child persists in telling lies; when a child, after repeated admonitions, still continues to play with fire; when a child, after milder punishment, remains grossly disobedient. The milder punishments to be tried, before resorting to corporal punishment, are, either fastening him in his chair, or putting him in a corner, and keeping him there until he acknowledges his fault, and begs to be forgiven. The moment he does so he must be released from his imprisonment, a kiss should be given him, and all should be forgotten. The only person to administer corporal punishment to a child is either the father or the mother; no governess or servant should, on any account whatever, be allowed to do so. In punishing your child, let him see that you do it "more in sorrow than in anger;" indeed, anger or severity ought never to be imported into the punishment of an innocent, defenceless, little child; if it be, lasting injury will be inflicted upon him. If you have to punish your child, do it at once, and "let not the sun go down upon your wrath." When once a child has been punished for doing what is wrong, do not, for the future, twit or taunt him with it—the fault, having been punished, must be at once condoned. Do not punish your child by sending him supperless to bed; such punishment would be utter folly—it would be only

punishing his health and not his evil temper or his misconduct. A child ought not to be punished for breaking any article—a vase, for instance—however valuable it might be; unless, indeed, it be caused by an act of disobedience—that is to say, if he had been warned not to touch the vase, and he had disobeyed the command, then he must be punished—not for the breakage, but for the disobedience. If a child be brought up with gentleness and yet with firmness, by love and yet with discipline, very little corporal punishment will be required—the less the better; but still there are cases and times when corporal punishment is absolutely needed—such cases being the exception and not the rule; when it be necessary, however painful it might be to a mother's feelings, it must be administered.

265. *Puny Child*.—A puny child is usually made puny by improper management. If the Rules of Health were religiously followed, there would be but few puny children in the world—the health of a child being very much, as a rule, what the mother herself makes it! When there is such vile management, or rather mismanagement, in so many nurseries, it cannot be wondered at that the world is full of puny children.

266. *Purge all Infection from the Air*.—This is best done by looking well to the drainage, to

the ventilation, and to the removal of nuisances. Pure air is one of the essentials of life; for if the air be impure, it contaminates and poisons the very springs of life, and generates disease. Truly it is our bounden duty to—

“Purge all infection from the air.”—*Shakspeare*.

267. *Purpose in Life*.—There is nothing like a purpose in life to make people happy, and if happy, healthy; but, unfortunately, many young ladies go through the world without a purpose—without having anything to do or worth the doing! Many girls' lives are utterly purposeless—useless to themselves and to every one around them! Should such a state of things be tolerated? No wonder that there is so much nervousness, debility, and hysteria in the world!

268. *Purposeless Life*.—So many girls of the upper ranks of society live a purposeless life—a wasted life! They dress, they flirt, they read sensational novels, they turn night into day—waltzing and dancing all night and sleeping and dozing all day; “they toil not, neither do they spin.” Is this woman's mission? Is this the proper education for young girls, to fit them for the responsible and onerous duties of being wives and mothers? There can be only one answer to such questions as these, namely, that

they are utterly unfit for such duties, or for any other of the various duties of life. Such a state of things is truly lamentable, and demands, from every mother, immediate attention and rectification.

269. *Qualification of British Housewives.*—The duties of a housewife should be taught when a girl is young, when she will take to it kindly, when first impressions are strongest, and when habit becomes second nature. There never was a greater necessity for a girl to be taught the duties of housekeeping than now, when housekeeping expenses—meat and coal especially—are at such fabulous prices, and when some of the heads of families are at their wits' end to eke out their incomes to meet current expenses. Who so proper to understand those matters as the mistresses of families? And how can they understand them if they have not been early taught—if they have not gone, as it were, through a preliminary apprenticeship to such matters? A young girl is taught accomplishments, and why should she not be taught the far more necessary duties of a housekeeper—of a wife? The time is come when these matters must be looked into, and not left to servants. The health and the happiness of a household call aloud for mothers to impart such information to their daughters—for such information

at the present time is sadly neglected, and such matters are left to take care of themselves—and a pretty taking care it is, as many mismanaged, wretched homes abundantly do testify. Let me, then, urgently press upon a mother the great importance there is of educating her daughters to be housekeepers—however rich and accomplished they might be—so that, in due time, they may be able to undertake the duties of a wife, and to be helpmates for their husbands! There is an admirable article in *The Daily News*, on “The Qualifications of British Housewives,” extracts from which I cannot refrain from quoting. It deserves careful study, for if the advice contained therein were fully carried out, it would brighten the prospects of many households in England, which now are dark and gloomy: “Marriage is a partnership, in which the members of the firm should each promote the common interest, bringing to it what capital they can, and using it for the common good. Does a complete knowledge of the multifarious duties, comprised in the phrase ‘housekeeping,’ interfere with this? Are the women of France less agreeable companions, or less valuable friends, than those of England? Does an unlimited capacity for the production of ill-selected, ill-cooked, and ill-served dinners, a devotion of doddiness in costume, or a profound ignorance of marketing, necessarily make

a woman's society pleasant? The evil and discomfort arising from the qualities named are patent and unmistakable. Most of our male readers have experienced or heard of them, and it would be a national solace if we could be convinced that the corresponding advantages are equally approved. . . . If a secret could be imparted which immediately and without doubt added a fixed sum in money to a slender income, where is the holder of the latter who would not eagerly search that secret out? The extra comforts to be secured at home, the innocent tastes so long suppressed which it might become possible to gratify, the provision of the future which might receive substantial augmentation—are all things which would occur to those before whom such a prize was dangled, and would quicken hope and stimulate exertion."

270. *Quarrelling*.—Children ought never to be allowed to quarrel. "But how prevent it?" you might say. By judicious management; by example, by gentleness, and yet by firmness; "by throwing oil on the waters" of strife; by vigilance; by instilling into every child's mind that quarrelling is both silly and wicked, and, especially among brothers and sisters, unnatural; by strict impartiality—for partiality to one child in preference to another is a frequent

cause of quarrelling among them; by love—for if children be brought up in an atmosphere of love there is small chance of their quarrelling.

271. *Quietude* in a child often denotes that he is in mischief. It is unnatural for a child, full of animal spirits, and brimful of fun and frolic, to be quiet. You may, if he be unusually still, suspect mischief—he is often then as quiet as a mouse:—

‘ “The fox barks not when he would steal the lamb.”
Shakspeare.

272. *Rats Friends to Man.*—This is a startling assertion, but it is nevertheless a true one. If it were not for rats in the sewers, England would be a hot-bed for infectious diseases. Rats beat all the disinfectants that ever can have been, or that ever will be, invented! Rats in the sewers are the best scavengers we possess; they remove—they eat up—the putrid animal matter and the decaying vegetable matter—the germs of many infectious diseases. Rats in a sewer are a blessing—rats in a house are a nuisance; they are like fire and water—good servants, but bad masters!

273. *Reckoning Day.*—If a mother rear her child badly, a reckoning day is sure to come—as sure as night follows day—for as “you sow

you are sure to reap." A Nemesis is ever on our track to scent out all our misdeeds and all our short-comings, and to punish them! A wrong was never committed in this world that had not, sooner or later, to be atoned for!

274. *Refinement*.—A gentle child ought to keep company with his peers, and not with stable-boys. Refinement will oftentimes keep him, as he grows older, from the low sins that degrade humanity. A child accustomed to refinement takes a disgust at everything that is low, mean, coarse, and vulgar. If a child be as a child refined, the chances are that he will grow up refined; for

"Just as the twig is bent, the tree's inclin'd."—*Pope*.

275. *Remedy for Every Ill*.—There is a remedy for every ill that flesh is heir to, as "there is, fortunately, a salve for every sore." If an accident happen, the appliances are at hand; if illness come, there are great and valuable remedies in its wake to cure it—in the shape of love, of kindness, of attention, of skill, and care. It is almost worth while to feel sometimes ill, that we might have the remedies that love and affection supply applied. If affliction be sent, the antidote accompanies it in the shape of religion and of active exertion:—

“Heaven hath assign'd
Two sovereign remedies for human grief:
Religion, surest, firmest, first, and best,
Strength to the weak, and to the wounded balm;
And strenuous action next.”—*Southey*.

If great trouble overwhelm, patience and waiting are the remedies supplied—

“The darkest day,
Live till to-morrow, will have passed away.”—*Shakspeare*.

276. *Respect a Child and he will Respect You.*
—This is particularly the case with a child. Every male child should be treated as a little gentleman, and every female child as a little lady. Do not misunderstand me—I do not intend that you should make a man of the one nor a woman of the other; but what I do mean is, that a child should be a child—a gentle child—a child that respects himself, and if he does that, he will not go far wrong.

277. *Revenge* ought never to be encouraged in a child; but should, on the contrary, be in every way checked. It is sad to see grown-up people revengeful; but it is grievous beyond measure to witness revenge in a child. Parents should, in every way, discountenance it. It is a sin “that grows with his growth and strengthens with his strength,” and makes him grow up very wicked. A silly nurse is apt to encourage

revenge in a child ; if, for instance, he fall down and hurt himself, she advises him to beat the ground that hurt him. The inculcation of revenge is one reason why he should, as much as possible, be kept away from the influence of servants.

“Exalted Socrates ! divinely brave !
Injured he fell, and dying he forgave :
Too noble for revenge ; which still we find
The weakest frailty of a feeble mind.”—*Dryden*.

278. *Reverence of Parents*, at the present day, is not sufficiently insisted upon. Reverence to parents ought early to be instilled into the minds of the young. A child should be taught to respect the behests of his father and of his mother as sacred, and from which there is no appeal ; but a child, now-a-days, is allowed to contradict, to disobey, to argue with, and to bully his mother, as though she were of his own age, his own equality, and standing ; this is liberty, equality, and fraternity with a vengeance ! The patriarchs of old were, by their children, revered as an order of superior beings—and so they should be ! But are they so now ? The father, too, is dubbed “the governor,” and the mother is styled “the old lady.” Such is the jargon now used by youths towards the authors of their being ; while the good old Saxon words “father” and “mother” are by them ignored, as

only fit to be used, and to be spoken, by the common people. But you will, perhaps, say—"If parents are to be revered, they themselves ought to be more worthy of reverence than they at present are!" I quite agree with you—they should be so. It is very sad to contemplate that so few parents are qualified, in any way whatever, to undertake the responsible duties of training up children aright. The object of these aphorisms is to supply, in some measure, this want, which has been long felt.

279. *Rewards*.—It is a bad plan for a mother to bribe her child, by appealing to his animal passions to be good—to his stomach, for instance, by giving him, for that purpose, either fruit or sweets—it will make him greedy and gluttonous; or, by coaxing him to be good, by giving him a coin, or a toy—it will make him grasping and mercenary; and will encourage him to be frequently naughty in order that he might be paid for being good. Such foolish conduct is enough to ruin any child, however sweet his disposition might be, and to make a bad man of him. There are not more acceptable rewards that a child can have, when he does right, than a mother's approving smile and a mother's loving commendation.

280. *Riding Hobbies*.—We all ride our hobbies; why, therefore, should not a child ride his

hobby—a walking-stick, his father's knee, or any other hobby that comes to hand? There is an anecdote told illustrating the effects of pleasure in taking away the sense of fatigue: A father took a long walk with his boys; before they had finished half the journey, they became very tired; he bethought him, that he would cut sticks from the hedge, one for each of his boys to ride on, cutting a larger one for himself, and then, each one bestriding his own charger for the nonce, they rode on gallantly, and performed the remainder of the journey with the greatest ease and with intense enjoyment.

281. *Rubbing the Fur the Wrong Way.*—Some people delight “to rub the fur the wrong way”—to give pain. If, for instance, they have some disagreeable subject to communicate, they like to say it disagreeably—spitefully—they seem to gloat over it—to enjoy it exceedingly. Now, a mother should avoid falling into this error, and if she have anything disagreeable to say to her child, to lovingly tell him of it; by adopting this plan she will have much more power in doing him good than in “rubbing the fur the wrong way.”

282. *Rules for a Mother who cannot Sleep Well.*—A mother who cannot sleep well may find the following Rules useful, as many of my patients

have already done. Of course, if there be anything serious in her case, a medical man should be consulted to remove the causes that prevent her from sleeping—these rules being intended only for those persons in tolerable health, but yet who notwithstanding cannot sleep well:

Rule 1. A mother who sleeps badly at night, if she does not have a late dinner, should have an early supper—and not sup later than 9 o'clock. She should have for her supper, a slice of cold meat, a slice of bread, a tumbler of water and a glass of sherry; and nothing else besides—heavy suppers, in such a case, being most objectionable.

Rule 2. She should, after supper, avoid all abstruse reading, and engage in some cheerful talk, or light reading—reading aloud being very good; or sing; or have a game at *Béziq*ue; or have a dance with her husband; or, indeed, any other simple amusement that will give her mind a cheerful turn.

Rule 3. She should go to bed not later than 10 o'clock; she should sleep in a well-ventilated apartment—the chimney, *of course*, being unstopped, and, in hot weather, the upper-sash of the window being left open, to the extent of two inches, during the night—such being a great provocative of sleep.

Rule 4. She should lie on a horse-hair mattress, or on a spring-bed, but not on a feather-bed, without (and remember this is important advice) a coverlet, or if with a coverlet, with an open-worked coverlet

—*thick* coverlets, as I have observed elsewhere (see *Thick Coverlets*), being enemies to sleep; it is utterly impossible for any person to sleep refreshingly and thoroughly well under the infliction of a heavy coverlet. Rule 5. She should have a tumbler of cold water in her room, in order that, if she cannot sleep, she may, in the night, get out of bed and drink it, taking, during the time she is out of bed, a few turns up and down the room; she should then turn the pillow to its cool side, and return to bed and probably to sleep. The above Rules I have found most useful to my patients; I hope that they may prove equally so to my fair readers; for that object I have introduced them into these pages. The above Rules are equally applicable to the stern as to the gentle sex; but, of course, they are intended only for grown-up people—children not sleeping I have treated of elsewhere in my other books on the management of children.

283. *Rivalry*.—Do not encourage a spirit of rivalry among your children—putting one, as it were, against the other; it is a shocking thing to do; it sets one child against another, and makes them lose affection one towards another. No; rivalry at schools is bad enough—it often causes bitterness and heart-burnings; but, in a family of children, it is incomparably worse—it

leads "to hatred and malice and all uncharitableness," and is really wicked.

284. *Save in Everything else, but not in Education*, is a true saying, and worthy, by every mother, to be borne in remembrance. A child commences his education as soon as he begins to toddle; not necessarily by books—certainly not—that is quite out of the question; but by observation—in educating his eyes to see, his ears to hear, his tongue to speak, and his fingers to touch, to feel, and to discriminate. If a mother have to limit her expenses in her household, she should not pinch in her nursery; she should have the very best of everything there that her means will allow—and she should strain a point to obtain them, and she will find it the best investment she can possibly make. As education begins in the nursery, there ought to be a good beginning. "It begins in the nursery. Look out for a good nursery-maid, then for a good governess, then for a good school, and do not grudge the cost."—*The Times*.

285. *Scandal-monger*.—A scandal-monger is one of the most detestable of beings; he is a murderer—a wholesale murderer—and worse than a murderer; for although he does not murder the body, he murders the fair fame and name of his victim—which are far more precious.

•

And even the slanderer has been known to kill outright his victim's body—which has been really slandered to death by a false tongue. When he has not actually killed the body, he has often crazed the brain—sending the traduced one to a madhouse. Verily, a scandal-monger is “a pestilent fellow.” How truly might such a wretch exclaim:—

“I'll pour this pestilence into his ear.”—*Shakspeare*.

286. *Schoolmaster Abroad*.—The schoolmaster is abroad with a vengeance when young five-year-olds are made to learn regular lessons, and to be in close school-rooms nearly the whole day! It would really be a good thing for a child if the schoolmaster were literally abroad—in some foreign parts—until the child had attained the age of eight years old, when the schoolmaster may return to his home and to his duties, and instruct the child (if it be done in moderation) without the fear of injuring his brain—which *the forcing system*, at an early age, will assuredly do. *The forcing system* defeats its own ends—it makes a child dull and stupid, instead of bright and intelligent.

287. *Scolding*.—Never scold a child. If he have done wrong, gently tell him of it; but do not scold him; take him lovingly on your lap, and tell him that whenever he is naughty, how

it pains you—how unhappy it makes you; and the chances are that he will lovingly put his little arms around your neck, and promise to be good. Remember, in the rearing of a child, he ought always, if possible, to be led, and not driven. Angry words, then, should never for one moment be used toward a child—they are quite out of place—they do mischief that years might not efface. A child never loves a scold, and, therefore, a mother should be the last person to be a scold—a mother should be loved far beyond all other people in the world besides!

288. *Sea-bathing for a Child.*—A child ought never to be bathed in the sea unless he himself enjoys doing so. It is folly to force a child, if he dread the water, to bathe in the sea—the fright would do him more harm than the bathing would do him good. And if he enjoy bathing in the sea, he ought not to be allowed to be in the sea for more than five minutes each time. A child staying in the water for half an hour, or more, at a time, has often laid the foundation of many diseases.

289. *Sea-breezes often Blow new Life into a delicate Child.*—There is something very invigorating and exhilarating in the sea-breezes; they often pick-up a delicate child who has been pulled-down and brought very low by a long

and severe illness. The sea-breezes are often more strengthening to a child than cod-liver oil, or quinine, or wine of iron, and are far more pleasant than either of them! Children are very susceptible of the good effects of the sea-breezes—far more than are adults; hence the splendid effects they usually have on a child *after* a severe, long-standing illness! When a child, for instance, has been much weakened by hooping-cough, the effects of sea-breezes upon him are often really magical! Many a child who is delicate, instead of being physicked with drugs, should be physicked with sea-breezes; it would, in a general way, be far the most sensible treatment of the two, and, in the long run, would be the least expensive! Truly the sea-breezes are most valuable restoratives!

290. *Sea-side and Diarrhœa.*—The curse of the sea-side is bad drainage. Bad drainage is a fruitful source of many diseases—of diarrhœa especially. It behooves a mother, therefore, in selecting a sea-side resort for her child, to ascertain that the drainage be good; and this is best known by the absence of all bad smells. If a place smells sweet, it is, as a rule, sweet and healthy, and free from diarrhœa. The nose is often, then, the best guide in such matters. A place full of bad smells should be avoided as the plague. The great problem of the day that has

to be solved is, how to get rid of, or to make innocuous, the sewage; it has not been solved yet, and until it has, death will be busy with his victims! The drinking water at the sea-side—indeed everywhere else—is often contaminated with drainage impurities, which is a fruitful cause not only of diarrhœa, but of typhoid fever, dysentery, diphtheria, and a host of other diseases. It behooves a mother, in making the selection of a sea-side place for herself and for her family, to ascertain that the drains be in good order and that the water be pure. I have in one of my other works—*Counsel to a Mother on the Care of Her Children*—entered fully into the subject of Drainage; I beg, therefore, to refer my reader to that volume. It is, as a rule, safer in towns, to have the water supplied by Water Works Companies rather than by private wells—the water can then generally be relied on as being more free from drain-contaminations.

291. *Sea-side Resorts*.—A mother should be very particular in choosing a sea-side place for her child; she should satisfy herself that it is salubrious, and that it is well drained; she should take great pains to ascertain that there have been no infectious disease in the lodgings she is about to take; for it may be the focus of infection, and instead of the sea-side doing her child good, it may be the cause of illness, and,

perhaps, of death. When a child is at the sea, he is often allowed to do foolish things; to get his feet wet, for instance, and not have his socks and boots instantly changed; to sit on damp rocks; to have his meals at irregular hours; to give him food that he has not been accustomed to take; to suffer him to be out when the sea-fogs prevail, and late in the evening, long past his usual hour of retiring to rest: allowing him, in point of fact, to do imprudent things, which a mother, at home, would never dream of permitting: "But many a sad experience warns us that the summer holiday is the greatest risk of the year. Not only the place and circumstances, but the whole manner of life is changed. In the midst of unusual dangers, every salutary precaution and every rule of the British nursery is neglected. Wet sands, dry cliffs, muddy pools, hot suns, evening chills, irregular meals, and other things utterly prohibited in the home rule, are braved as if there were a charm in the air, or the spot, or the salt-water and sea-weed, superior to all ordinary influences. Yet experience repeats the lesson every day. It is quite as necessary to look closely after the health of delicate women and children at the sea-side, or on the open Down, as in a third-rate quarter of the West End or a fashionable or unfashionable suburb."—*The Times*.

292. *Secrets* ought never to be spoken in the presence of a child ; if they be, and he divulges them—as he, in his innocence, is almost sure to do—he must not be blamed—the grown-up people are alone the persons to blame. Little pitchers are readily emptied of their contents, and “have long ears.”

293. *Self-indulgence* is one of the crying evils of the day ; it is sown in the nursery, and it crops up in every stage of life. Unfortunately now-a-days, many persons think more of self-indulgence than they do of duty ; everything with them must give way to self-indulgence. People who are self-indulgent are deeply to be pitied—they are little better than slaves ! A man, for instance, who smokes tobacco regularly, if anything deprive him of his pipe or of his cigar, is miserable ! A snuff-taker, if debarred of his snuff, is anything but amiable ! A brandy-drinker, if deprived of his brandy, considers himself an ill-used man—a martyr ! They are each and all slaves—self-indulgence has made them so. A mother, then, should beware how she sows the seeds of self-indulgence in her child, for, if they be once sown, they are, like evil weeds in the garden, never eradicated.

294. *Selfishness*.—A child is often made selfish by the foolish conduct of his mother ; he is taught by her, from earliest infancy, to be selfish

—to think only of himself, of his own comforts, and of his own pleasures; he is, in point of fact, a selfish little animal, and most unlovable. The best school for a selfish child to be educated in is a large family—that he himself be one of a large family—more especially, if, fortunately for him, his parents be judicious instructors. A child, being one of a large family, is obliged to rough it, to give in to others, to think of others besides himself, to concede many points, to put up with inconveniences, to practise abnegation of self—a blessed thing for every one to be obliged to do! Abnegation of self, then, is a most valuable quality, and cannot be too early cultivated; for it assuredly might, as every other good quality in a child can, be cultivated. Selfishness in a child ought, therefore, to be particularly guarded against. It is a weed that soon takes root, spreading in every direction, and, unless it be continually plucked up, choking the valuable products of the soil. Selfishness deadens the feelings, destroys the affections, and ruins a character, however noble it otherwise would be: “By the senses it commonly works; and these are the doors and the windows by which iniquity entereth into the soul.”—*Baxter*.

295. *Security is Mortals' chiefest Enemy*: these words are old and very true. A mother often gets into trouble in consequence of her fancied

security. No one has more need than a mother to buckle on her armor, and to stand, against every attack, on the defensive. It might be said, that a mother's life is a continuous warfare, for an enemy is always lurking in ambush to do mischief—and it is so; and she must, lest she be taken unawares, be prepared for every emergency; for

“Security
Is mortals' chiefest enemy.”—*Shakspeare*.

296. *Severe Illness of a Child*.—A child in a severe illness has many advantages which an adult does not possess; namely, he has no anxieties on his mind; he has no fear of death—and the fear of death sometimes hastens on death—the fear of death causes death: he has never injured his constitution—as many grown-up people have done—by excesses; he is like a new India-rubber spring that has seldom been overstrained; so that it, as soon as pressure is removed, returns to its pristine state; hence a child, who is desperately ill and apparently past all recovery, sometimes, to the surprise of every one, is restored to health. In nearly every illness of a child, therefore, we must but seldom give up all hope; until, indeed, death actually claims him as his own! I have seen more than one case where a child has been apparently dying, and where the nurse has been waiting in

momentary expectation “to lay him out,” as it is called, recover—snatched, as it were, from the very jaws of death!

297. *Severe Thunder-storms Clear the Air.*—A severe thunder-storm clears the air, as many a severe illness clears the system. How often a child is neither ill nor well, but ailing. Suddenly a severe illness develops itself, for which he has to lie by, and from which he ultimately recovers; then a marvellous change for the better shows itself; his color, which he had long lost, revisits his cheeks; his eye resumes its brightness; his step its elasticity; his merry laugh and plough-boy appetite return, and all is changed as if by enchantment! How well such a case as this—and it is of everyday occurrence—verifies the saying, that “things must often be worse before they are better.” Truly what is often thought, at the time, to be a misfortune, turns out, in the end, a blessing in disguise! But it is not always that either a severe thunder-storm or a severe illness do good—they sometimes do great damage, both ending in destruction and in death. So that the similitude of a severe thunder-storm to a severe illness holds good in more than in one particular.

298. *Shapeless Illness.*—It is very sad to bring up a boy, however rich he might be, with-

out a profession—"to wear out his youth in shapeless idleness." An idle person is of all people the most miserable; having nothing to do is the hardest work possible! Pleasure, without an admixture of work, palls upon the senses, and becomes as satiating as living entirely on sweets, or as drinking no fluid but champagne.

299. *Shrill Voice of Hobbledchoy*.—When a boy is shooting into manhood, his voice "breaks," and becomes, for a time, like unto a maiden's—shrill and reed-like:—

"And speak, between the change of man and boy,
With a reed voice."—*Shakspeare*.

300. *Showing Off a Child*.—It is folly for a mother to show her child off before company—more especially if her friends be bachelors; to make him, for instance, repeat several verses of poetry—the mother, the while, faneing her child to be a perfect prodigy! Of course, politeness will make the friends listen with apparent attention; but it is really and truly a trial of patience—a wearisomeness of the flesh to them. Moreover, it makes the child vain, conceited, and silly. A child should always be kept from such absurdity, or he may grow up an insufferable puppy.

301. *Shy Children*.—Shyness in a child is usually owing to a mother's bad training—to

keeping him too much aloof from other people. Now, a child should mix with others, which will rub off all his shyness. Shyness in a child is often very painful, not only to himself, but to those around him; if any strange person, for instance, speaks to him, he hides and hangs down his head and cries bitterly. I do not mean that a child should be bold and impudent—one extreme would be as disagreeable as the other. But he should have the ease, and bearing, and deportment of a gentle child—of a miniature gentleman. Now all this, if a child be properly trained, may be accomplished. A well-behaved child in company—one who is neither bold nor shy—is a charming little fellow, and twines around one's very heart-strings!

302. *Sickness*.—When sickness comes, gloom o'erspreads the house! it seems as though an evil genius presided there; the visit of the doctor is now eagerly looked for, and his face is anxiously scanned to see if there be any hidden meaning in it, and whether the expression of his countenance belie his words; all mirth vanishes; laughter is hushed; the footfalls are scarcely heard, and conversations are held only in whispers; and the face of the mother, while her child is in danger, is the very picture of misery; for

“On the door

Sickness has set her mark ; and now no more
Laughter within we hear, or wood-notes wild,
As of a mother singing to her child.”—*Rogers*.

303. *Simple Pleasures*.—A child should be encouraged to prefer simple pleasures—the pleasures of nature—out-door pleasures. They are lasting, invigorating, and refreshing ; while artificial pleasures—the pleasures of fashion and of amusement carried on in close and heated rooms—are evanescent, depressing, and eloying. Such—

“Pleasures are like poppies spread :

You seize the flower—its bloom is shed ;

Or, like the snow-fall on the river,

A moment white, then melts forever.”—*Burns*.

304. *Simple Piety of Childhood*.—As soon as a child can lisp in speech he should be taught to pray—a simple prayer—the more simple the better. He should, while saying his little prayer, be encouraged to kneel, when very young, on his mother’s lap, and, when a little older, by his bedside, and reverently offer up a simple prayer to his Heavenly Father, to bless his father and mother, and brothers and sisters (if he have any), and to make him a good boy. This early teaching a child to pray will have a wonderful effect, and will make a deep impression on his mind, and will never be effaced from

his memory. A godless child—one who never prays—is a painful object to contemplate. William Smith, in *Thorndale*, gives a description of the effects of prayer upon a child, and as it is graphically told, and appropriate to my subject, I cannot refrain from transferring it to these pages: “Very singular and very pleasing to me is the remembrance of that simple piety of childhood, of that prayer which was said so punctually, night and morning, kneeling by the bedside. What did I think of, guiltless then of metaphysics—what image did I bring before my mind as I repeated my learnt petition with scrupulous fidelity? Did I see some venerable Form bending down to listen? Did He cease to look and listen when I had said it all? Half prayer, half lesson, how difficult it is now to summon it back again! But this I know, that the bedside where I knelt to this morning and evening devotion, became sacred to me as an altar. I smile as I recall the innocent superstition that grew up in me, that the prayer must be said *kneeling just there*. If, some cold winter’s night, I had crept into the bed, thinking to repeat the petition from the warm nest itself—it would not do!—it was felt in this court of conscience to be ‘an insufficient performance;’ there was no sleep to be had till I had risen, and bed-gowned as I was, knelt at the accustomed place, and said it all over again from the begin-

ning to the end. To this day I never see the little clean white bed in which a child is to sleep, but I see also the figure of a child kneeling in prayer at its side. And I, for the moment, am that child. No high altar in the most sumptuous church in Christendom could prompt my knee to bend like that snow-white coverlet, tucked in for a child's slumber."

305. *Simplicity in Dress.*—A mother should early teach her children—her girls especially—simplicity in dress. If she were to do so, it would save much after-misery. Mothers, now-a-days, instill into the tender and impressible minds of their children the love of dress. With what result, let the present frivolous, laek-a-daisical, fashionable, useless young ladies testify! Dress is frequently made, at a very early age, by mothers the most important concern of life! And what is the consequence? Such girls generally turn out, when old enough to marry, useless wives and miserable mothers, who make dress the alpha and omega—the beginning and ending—of their existence! "Do you wish, then," a mother might say, "a child to be dressed in a dowdy fashion, as though she were a mute at a funeral?" No; nothing of the kind! I wish her to be dressed becomingly and with simplicity—simplicity being of itself a grace, and a charming one too! And to have

her taught that there are many other things, besides dress, to be thought of and to be cared for, to fit her for the onerous duties of life!

306. *Simplicity of Living*.—There is an old saying which a mother, in the rearing of her offspring, would do well to bear in remembrance, namely, “Simple diet, healthy children.” The converse being, “Luxurious diet, diseased children.” This adage is golden, and would, if faithfully carried out, save an immense amount of pain, of misery, of annoyance, and the swallowing of physic.

307. *Simplicity, a Grace*.—How true this is—especially as concerning a child—simplicity of manners, simplicity of speech, simplicity of living, simplicity of dress. How beautifully Ben Johnson speaks of “simplicity a grace”:—

“Give me a look, give me a face,
That makes simplicity a grace ;
Robes loosely flowing, hair as free,
Such sweet neglect more taketh me
Than all the adulteries of art ;
They strike mine eyes, but not my heart.”

308. *Sitting on Damp Rocks when at the Seaside*.—A delicate lady, who, when at home, never dreams of sitting, even for five minutes, on a damp garden-seat, thinks nothing, when at the sea, of sitting on a damp rock, or on a damp

seat, for, at least, an hour at a time! Now, it is perilous for a delicate lady, or for any one else, to sit on damp rocks or on damp seats—it often leads to serious consequences—to rheumatism, to diarrhœa, to bronchitis, or to sore-throat. Let such a one, therefore, beware and take heed! A lady, when at the coast, fancies that the sea has some talismanic influence to prevent cold; but stern facts often rouse her from her fancy, and disabuse her mind of such a fallacy! What holds good of a lady when at the sea-side, holds good, in the same ratio, of a child. Truly the sea-side has its perils!

309. *Slang*.—A child ought never to be allowed to talk slang. A child, for instance, calling everything *awfully jolly* is a perversion of language. Slang is an ill weed, and very injurious to the flowers of literature, choking them up and robbing them of their beauty. It would be well, then, for every mother to prevent, as far as she is able, the use of slang in the nursery. It is bad enough in the drawing-room, but it is worse in the nursery, and is very incongruous from the lips of an innocent child. Young ladies who use slang are generally girls of the period—fast young ladies! Slang is unutterably vulgar, and fit only to come from the mouth of a stable boy, and not—certainly not—from the mouth of a modest maiden!

Slang is not only unutterably vulgar, but it is senseless—having neither rhyme nor reason in it. Slang more resembles the conversation of a lunatic than the conversation of a sane person! If a child be allowed to use slang in the nursery, what will he do when he arrives at man's estate? He will become an intolerable nuisance!

310. *Slug-a-bed*.—Some mothers allow their children to remain in bed for hours after they are once awake; now, this is a shocking system, alike injurious and enervating to mind and to body. Let a child have plenty of sleep—he needs it; if he take an abundance of out-door exercise—which he ought to do—plenty of sleep becomes a necessity. But remember, sleep and dozing are two different things altogether; the former is most strengthening, while the latter is most enervating; a child should, the moment he awakens in the morning, jump out of bed—there should be no parleying with the enemy, or the citadel will be lost. Moreover, a slug-a-bed is usually, for the rest of the day, lazy, stupid, and incompetent; much bed seems to stagnate all his faculties, so that, in point of fact, he appears to be, during the daytime, more than half asleep:—

“ For shame!—

Get up, thou slug-a-bed, and see
 The dew-bespangled herb and tree ;
 Each flow’r has wept and bow’d towards the east,
 Above an hour since ; yet you are not drest—
 Nay, not so much as out of bed—
 When all the birds have matins said,
 And sung their thankful hymns ;—’tis sin—
 Nay profanation—to keep in.”—*Herrick*.

If a child is to get up as soon as he awakens in the morning, his nurse-maid ought to be sent to bed not later than 10 o’clock. It is utterly impossible for a nurse, morning after morning, to be ready to wash and dress a child as soon as he awakens in the morning if she be kept up, as some nurses are, until after midnight—such mothers want consideration for their servants. Early hours are essential to a nurse if she is to do her duty in the morning to her little charge.

311. *Sleep is Balm for the Weary*.—Some poet has exquisitely styled sleep to be “balm for the weary”—and healing balm it truly is—refreshing and revivifying—making the weary soul, for a while, to forget its troubles, and enabling it, when consciousness returns, to bear them with patience and resignation. What a balm is sleep to a child ; it does more for him than aught else besides ; it must, therefore, never in any way be interfered with. Truly sleep is a *healing balm*, and heals the ills that “flesh is

heir to" far more effectually than anything else possibly can do.

312. *Sleep is a Comforter*—the greatest we possess. When a man who is in sorrow can sleep, sorrow takes to itself wings and flies away ; but, unfortunately—

“It seldom visits sorrow ; when it doth,
It is a comforter.”—*Shakspeare*.

313. *Sleep Drives Away Anguish*.—Sleep drives away pain and mental anguish. It is a balm which binds up the broken spirit, and heals the wounded frame : while asleep aches and pains, as if by magic, flee away. The toothache, of all the minor bodily ills, is, perhaps, the most excruciating, and yet “he that sleeps feels not the toothache.”—*Shakspeare*.

314. *Smallest Twine may Lead*.—How many a child may be led by gentleness who cannot be driven by force—by a silken thread when a cable will not pull him ! Such an one by gentleness can be made as gentle as a lamb, who would, otherwise, be made as obstinate as a mule, and who might truly say:—

“The smallest twine may lead me.”—*Shakspeare*.

315. *Smells*.—If there be any unpleasant smell about, depend upon it there is danger in

the air—smell being emphatically a danger signal! A mother, then, if there should be any unusual smell in the neighborhood, should look well to the drains (and see that they be neither stopped up nor out of order), to the petties and to the mixen-holes, or she must look out for fevers, for cholera, for diarrhœa, or for diphtheria! A mother with a nose on her face should make use of her nose, or woe betide her unfortunate children! Some people think that if they disguise the smell—by substituting one smell for another—by fumigation or by disinfectants—they can do away with the danger altogether. Now, this is a great fallacy—a vain delusion! The only effectual way to get rid of the smell is to remove the cause—if it be removable—to remove it bodily altogether; remove the cause, and the effect will cease. Half measures in this, as in almost everything else besides, are worse than useless!

316. *Smooth Handle*.—A wife, if she be a mother, will be sure to have a good deal to worry her; but she must take the rough and the smooth together, and should lay hold of everything by the smooth handle—and not, as many mothers do, by the rough handle. Some mothers make troubles, and are, in consequence, constantly in hot water. Now, this is folly, for there are quite enough real troubles without

making them; but really, in this world, *fancy* troubles are often harder to bear than *real* troubles—and *fancy* troubles crop up in every direction!

317. *Society of Child*.—To a devoted, domestic mother, her child's society is to her far more delightful and fascinating than any other society in the world. She can to her child, with an *American poetess*, truly say:—

“No; I would rather share your tear than any other's glee,
For, though you're nothing to the world, you're all the
world to me.”

318. *Some Mothers deserve a Whipping more than do their Children*.—A child commits a fault, and the mother whips him for it; when she, having encouraged the fault by bad management, is the real offender—requiring the stripes! The body of a child should be held sacred, and should never, unless for some great offence, be beaten. There is something in the whipping of a child very degrading to both parties.

319. *Sorrow*.—Luckily a child is exempt from sorrow—and well it should be so—or sorrow would soon crush the very life out of him! The cause of much of the sickness of grown-up people is sorrow; the cause of so many untimely deaths is “a pack of unprevented sorrow.” Look

in a busy town at the faces of the multitudes thronging her streets, and you read in many of their countenances unmistakable tracings of sorrow legibly written upon them. Sorrow produces brain disease, which oft-times leads to insanity. Sorrow weakens the stomach, causing indigestion, and a long train of nervous complaints. Sorrow is a frightful source of heart disease, and thus of sudden death. If a correct registry were kept of the real cause of death, sorrow—"unprevented sorrow"—would take up a large space:—

"A pack of sorrows, which would press you down
Being unprevented, to your timeless grave."—*Shakspeare*.

320. *Sparks may Light up a Fire* which oceans cannot quench, as a slight illness of a child, if neglected, may lead to diastrous consequences which no human skill can avert. How important it is, if such be the case, that the illness of a child be investigated in its early stage, ere disease has gained a firm footing, and when a little appropriate treatment might have been all that was needed. A mother, then, in any illness of her child, should always remember "how great a matter a little fire kindleth."—*Proverbs*.

321. *Speak Gently of the Absent*.—A child should be made to understand that there is something mean and paltry in speaking ill of an ab-

sent person—of one who is not by to explain his motives and to defend himself. How much misery, heart-burning, and pain may be prevented, if every person, from childhood upwards, were taught this lesson!

322. *Spilt Milk*.—"Tis no use grieving over spilt milk." If, through any fault of a mother, anything has gone wrong with her child, she should try to rectify the wrong, if she can, but should not grieve over it—grief will not mend matters, but will only interfere with her usefulness, and can do no good. Such a mother must be more vigilant for the future—that will be the best recompense she can make for all her shortcomings:—

"Cease to lament for that thou can'st not help,
And study help for that which thou lament'st."

Shakspeare.

323. *Spring*.—The early morning of spring is delicious; it is the time for a child to be out and about, frisking like a lambkin on the lea, breathing the balmy breezes—which are life-giving—and feasting his eyes upon the newly opening flowers:—

"There's perfume upon every wind,
Music in every tree—
Dews for the moisture-loving flowers—
Sweets for the sucking bee:
The sick come forth for the healing breeze:
The young are gathering flowers,
And life is a tale of poetry
That is told by golden hours."—*N. P. Willis.*

324. *Spring and Childhood.*—Childhood is the spring-time of existence—the dawn that ushers in the day. What is more beautiful than early dawn, or more lovely than early childhood? We generally associate childhood with spring—and well we might do so—they have much in common; they each give blossoms of promise or of disappointment, which usually foretell either an abundance or a deficiency of fruit. Moreover, there is still further similitude—the blossoms, at those particular seasons, are liable to blight—to wither—and to die; hence the tender care required, in each instance, to protect and to bring the blossoms to perfection, in order that, in due time, they may bring forth good fruit. William Smith, in *Gravenhurst*, paints a charming picture of spring-time: “It is spring-time with us here at Gravenhurst, and indeed over all Europe; trees are budding, birds are singing; there is the green and golden verdure on the woods, and over all how soft a sky! Before me are two lambs couching on the grass, and two little children standing together looking at them wonderingly, and thinking (I half suspect) that the two lambs are far more wonderful creatures than themselves. No, it is not always spring at Gravenhurst or elsewhere; it is not always youth with man or beast! We have our winter, and old age, and death the inevitable. But therefore it is that we *can* have spring and childhood, and

the sweet relation between the old inhabitants of the earth and the new born; the new-comer who is to be taught, protected, cherished. Would you wish it otherwise? No leaf to wither and to fall, and no bud to come forth upon the branches. And no human bud. The same dry tree for ever; the same eternal man, neither young nor old. No glad anticipations, and no cherished memories; both lost in the actual and eternal repetition of a monotonous existence. I think, in our madness, we should wish the sun to fall out of heaven."

325. *Spring-water for a Child to Drink* is not only the best beverage for his bodily health, but likewise for his mental and for his moral health—tending to keep his mind clear and his morals pure. It is a sin and a shame to give an innocent and healthy child either beer or wine. It makes him love that which, as he grows up to manhood, may, and probably will, become his bane and his curse. The world is full of drunkards, and many of that fraternity were taught to drink—were initiated into the mysteries of drunkenness from their childhood!

326. *Stammerer*.—Stammering sometimes proceeds from nervousness; at other times, from imitation; while, in certain other cases, it is a natural defect—which latter are incurable.

The convulsive efforts of a stammerer to converse are not only painful to the stammerer himself, but even more so to the bystanders. One peculiarity of a stammerer is, that in singing he seldom stammers. This fact has been used as a means of cure. Shakspeare graphically describes a stammerer: "I would thou could'st stammer, that thou might'st pour this concealed man out of thy mouth, as wine comes out of a narrow-mouthed bottle, either too much at once, or none at all."

327. *Standing upon Stilts*.—A child should always be natural, and not "stand upon stilts," as many children, when they are in company, are in the habit of doing. Some people in putting on their company-clothes put on at the same time their company-manners, which latter in a child is unnatural, and, therefore, unbecoming. It is bad enough to see a grown-up person "stand upon stilts," but it is much worse to witness a child so ridiculously trammelled. "Standing upon stilts" in a grown-up man or woman is simply ridiculous, but in a child it is really painful to witness! A child of all persons in the world should be simple in manner, and natural in behavior, and should never "stand upon stilts."

328. *Stitchery*.—How many a young girl sits and stitches at some useless piece of fancy-work

when the glorious sunshine is streaming into the room—inviting her to be out and about to enjoy the magnificent beauties of nature! While much stitchery weakens her body and enervates her mind, much fresh air and exercise, on the contrary, strengthen her frame, and expand and make joyous her mind. “Come, lay aside your stitchery.” “Fie! you confine yourself most unreasonably.”—*Shakspeare*.

329. *Stoppage of a Boy's Growth*.—Early or late hair on the face of a boy, is a pretty sure sign of early or of late stoppage of growth. Some show it early, and some late in youth; some as early as at fifteen, others again not until they are seventeen, or eighteen, or even twenty years of age; that is to say, as soon as either whiskers, or beard, or moustache show themselves, in any quantity, on a boy's face, he seldom grows afterwards; he becomes more developed—more sturdy—more broad-shouldered—more manly—but does not grow in height. This might, as a rule, be depended upon; but, of course, it is not a rule without an exception. The fact of hair, then, growing plentifully on the face is a sign of puberty—that he has become, to all intents and purposes, a man, and that he has done growing in height, however broad and burly he might become. Now this is an important time of life for such an one, and often

determines whether, for the rest of his life, he shall be delicate or otherwise. It behooves a parent, therefore, at such times, to see that he has plenty of nourishment, and an abundance of fresh air and of active exercise; and, if he be delicate, to consult a judicious medical man, that he may carefully examine him—his chest especially—in order, if there be any tendency to disease, that he might, if possible, nip it in the bud.

330. *Straws tell which Way the Stream runs.*—A straw tells which way the stream runs, as trifles tell the character of a child. A trifle will disclose whether he be selfish or unselfish; whether he be good or cross-tempered; whether he be forgiving or revengeful; whether, in point of fact, he be likely to turn out a character to be loved and to be respected, or one to be disliked and to be shunned.

331. *Strength of Body* should in a child be cultivated by a mother in every possible way. But how is this to be done? By strictly attending to the Rules of Health, as laid down in two of my other books—*Advice to a Mother* and *Counsel to a Mother*. Strength of body in a child, and in every one else besides, is much to be desired, deserving both time and trouble to insure it; for a child who is weakly has but a

poor chance of making a strong man, of battling with the world, or of becoming a useful member of society. How true it is that "The glory of young men is their strength."—*Proverbs*.

332. *Sunday* ought, with a child, to be emphatically a sunny day—a sun-day; and not, as it is with many children, a gloomy day—a gloom-day. Let Sunday be, then, to all, but the young especially, a bright and sunshiny day.

"O day, most calm, most bright;

The week were dark but for thy light."—*Herbert*.

A child confined for some hours on a Sunday to his school-room (what has a child to do with a school-room?), or to his nursery, to learn religious lessons, might truly say—

"E'en Sunday shines no Sabbath day to me."—*Pope*.

Such a procedure is not at all calculated to make him love religion; but is likely to have a contrary tendency. While out of doors, he

"Finds tongues in trees, books in the running brooks,
Sermons in stones, and good in everything."

Shakspeare.

It is folly and worse than folly—for it is injurious both to mind and body—to take a child of three or four years of age to church. It is utterly impossible for so young a child to take an interest in the service—the length of it makes it, beyond measure, wearisome to him.

He becomes, long before it is over, restless and fidgety, cross and naughty—a disturber of the peace, and a nuisance to all around him. The earliest age at which a child should go to church is when he is between seven and eight years of age. When he is allowed to go to church, he must be made to understand that it is the house of God, and that consequently he must be reverent and attentive and well-behaved. It is asserted by some English writers, that the Scotch make Sunday a gloomy day. This assertion is contradicted by a celebrated writer, who says: “How many men hate Sunday all their lives, because it was put to them so gloomily in their boyhood; and how many Englishmen, on the other hand, fancy a Scotch Sunday the most disagreeable of days, because the case has been wrongly put to them, while, in truth, there is, in intelligent religious Scotch families, no more pleasant, cheerful, genial, restful, happy day.”*

333. *Sunny Spots of Greenery* is Coleridge’s graphic description of the country in the summer time. There is a great deal of happiness comprised in these few words—the glorious sunshine and the exquisite green turf is a com-

* *The Recreations of a Country Parson.* London: John W. Parker & Son.

bination which, to a child especially, is most charming; indeed, he is so much at home in the “sunny spots of greenery,” that it seems as though they were made on purpose for him!

334. *Sunshine*.—It is a grievous folly to stive a child up at his lessons, in a close room, when he should be out and about, exercising his limbs, expanding his lungs, and enjoying God’s sunshine, feasting his eyes on the flowers of the field nestled in nature’s pile carpet! How far more beautiful are such flowers than the flowers on his nursery walls! But how often is a poor unfortunate little fellow compelled to view the artificial instead of the natural flowers!

335. *Sunshiny Face*.—“A sunshiny face” is become a household word. When using it, we little think that we are indebted to Shakspeare for the expression; but what do we not owe him? Our language would have been poor indeed if he had not so bountifully enriched it.

“Vouchsafe to show the sunshine of your face.”

336. *Surfeiting and Starving*—that is to say, high-living and low-living—are both injurious to health—one kills as quickly as the other; and it is a question whether more do not die from surfeit than from starvation. A mother, then, in the rearing of her child, should choose

the happy mean—neither stuff nor starve: “And yet, for aught I see, they are as sick, that surfeit with too much, as they that starve with nothing. It is no mean happiness, therefore, to be seated in the mean; superfluity comes sooner by white hairs, but competency lives longer.”—*Shakspeare*.

337. *Sweets*.—A mother should bear in mind that sweets are very satisfying—the more luscious they are the more cloying they become; the more greedily they are partaken of, the sooner they are loathed:—

“For, as the surfeit of the sweetest things,
The deepest loathing to the stomach brings.”
Shakspeare.

Shakspeare, in another place, beautifully expresses a similar sentiment:—

“The sweetest honey
Is loathsome in his own deliciousness.”

338. *Sweetness and Light*.—In the building of a house, “the two noblest things, which are sweetness and light,” should always be borne in mind—that is to say, *large* windows, that will, both upper and lower sash, open and shut readily, should be insisted upon. The effects of sweetness and light in a house are very charming, and are most beneficial both to body and mind—to health and to happiness.

339. *Swimming* certainly is splendid exercise, both for developing muscle and for strengthening the whole frame. Not only is it an exercise, but it is an amusement to boot—and one that is most enjoyable. Moreover, it is most useful in saving life. Swimming, therefore, has everything to recommend it—fresh-air, exercise, amusement, and utility. Swimming is now taught in the army as a military duty, and encouraged by prizes and by every other means. And well it should be so, for it makes a man active, self-reliant, brave, and circumspect.

340. *Taints*, both mental and bodily, are inherited by the children from their parents; hence the importance of parents being pure both in mind and in body, and of young men and of young women marrying only into healthy families—all else, such as riches, fame, and high birth, being of secondary consideration. If boys and girls have healthy parents, the boys should be kept healthy by simple living and manly games and exercises; and the girls, by eschewing fashionable amusements, and giving them an abundance of out-door exercise and of household occupation—of giving, indeed, their minds and bodies plenty to do—plenty of what is useful to do! Purity either of mind or of body is incompatible with luxury; purity

either of mind or of body is incompatible with indolence!

341. *Tears* often freshen up a child as a shower of rain freshens up a flower. When a child is in trouble, tears come to his relief, and wash it away. The tears of a child are like the showers of an April day—they are usually followed by sunshine. If a child be ill, tears are, as a rule, a good criterion whether he be in danger or otherwise. Tears, in a simple illness, are usually abundant; tears, in a dangerous disease, are generally altogether absent. There is an old adage worth remembering—

“They that cry
Seldom die.”

342. *Teasing a Child*.—Many silly people delight to tease a little child. It is a senseless and cowardly thing to do. Anger is most weakening to him, as it is to every one else; besides, in his endeavors to do right, anger disheartens him. “Provoke not your children to anger, lest they be discouraged.” (*Colossians*.) Never allow an elder child, as is sometimes the case, to tease a younger one. Boys are men in miniature, and, like men, are often very tyrannical; they are bullies towards the weak and defenceless, and cowards towards the strong and the brave.

343. *Teeth and Health.*—Good teeth and good health are usually bosom companions—they often go through life hand-in-hand together. The fact is, that good teeth often cause good digestion—a strong stomach; and a strong stomach generally gives sound health and a long life. If the teeth be bad, the digestion is almost invariably bad, and the whole frame goes altogether wrong. Commend me, therefore, to a good set of teeth as being some of the most priceless of our earthly property! Moreover, a good set of teeth, in a lady, is one of her greatest charms and attractions, and redeems many a plain face. Besides, good teeth are so useful in elocution; it is impossible for a man to be a good speaker if he have lost any of his front teeth! Artificial teeth are very good in their way, but they are like all substitutes—all make-shifts—not for one moment to be compared to the original.

344. *Teeth are most Precious.*—The teeth are most precious—some of our most valuable possessions, and, consequently, should be taken great care of. A child should be taught, as a part of his regular duties, to brush his teeth every morning of his life—simply with warm water, and with a tooth-brush. He should never be allowed to crack nuts with his teeth; nor, when playing at horses with his brothers

and sisters, to put an extemporized bit in his mouth, as is the wont of some children when playing at horses; for, if such be allowed, a tooth or teeth may thereby be loosened, and the second set, in consequence, may come irregularly in the jaw—as the jaw will be contracted in the part that has lost the tooth or teeth.

345. *Temper.*—A mother ought never unnecessarily to thwart her child. Some mothers are like perpetual blisters to their children—they are snapping and nagging at them continually; they spoil their tempers, as the mouths of colts are frequently spoiled, by too sharp a bit and by too tight a curb.

346. *Temperance* keeps the mind clear and the blood sweet, and wards off many diseases. A temperate person sees life dressed in its proper colors—not one moment decked out with a roseate tint; not the next draped with a pigment as dark as Erebus. He is not, by turns, elated and depressed, but pursues the even tenor of his way. Temperance is his rule and compass—he lives by rule, and keeps within compass. Blessed is the man who curbs his passions, and keeps them in due subjection. The passions are like fire and water—good servants but bad masters. Now, the lessons of temperance ought to be taught early in life—he should be brought up in the

school of temperance. If he be temperate in his youth, the probability will be, that he will continue so through life. Happy is that man who is "temperate in all things."

347. *Temperance, Early Rising, and Sponging* the whole of the body every morning, either with tepid or with cold water, are preventatives of cold, provocatives of health, helps to longevity, and sharpeners of the intellect. "The methods by which," says Sir Astley Cooper, "I preserve my own health are temperance, early rising, and sponging the body every morning with cold water immediately after getting out of bed, a practice which I have adopted for thirty years: and although I go from the hot theatre into the squares of the hospital on the severest winter nights with merely silk stockings on my legs, I scarcely ever have a cold."

348. *Tempest of Tears*.—A little child sometimes bursts out, without rhyme or reason, into "a tempest of tears," having just before been all sunshine and smiles. This puts one in mind of Tennyson's beautiful line—

"Like summer tempest fell her tears."

349. *Tender and true* is the motto of the Douglas family, and is one especially important for a mother constantly to bear in mind; she should

not only be “tender”—as most mothers to their children are—but she should withal be “true”—true in every word and in every deed—as many mothers are not. Truly “tender and true” is a golden rule, and should ever be borne in mind, and ought to be, in the rearing of a child, never separated. It is the very essence of Christianity, and was what our Saviour both preached and practised.

350. *Tender Mercies of Servants.*—God help a poor little child who is left by his mother to the tender mercies of servants! In such a household, crying and quarrelling are going on all the day. A mother who leaves a child much to a nurse is an unnatural mother, and does not deserve the precious treasure intrusted to her to guard as the apple of her eye!

351. *Tenderness.*—One great qualification for a mother is tenderness—tenderness towards her little charge; a tender way of handling him—for his delicate body requires great tenderness in the handling; a tender manner in addressing him—for a harsh, loud voice would frighten him exceedingly; a tender face to comfort him—for a tender face is most soothing to a child. A mother, then, should be very, very tender to her child; and she generally is tender, and this is one reason, among others, why a child generally

so much prefers his mother to his nurse. Tenderness is very charming in a wife to her husband, but much more in a mother to her child. Barry Cornwall beautifully describes the tenderness of a wife to her husband—his description is equally applicable—if not more so—of a mother's tenderness to her child :—

“ And tender—oh !

As daylight when it melts in evening seas,
The waves all dark with slumber.”

352. *The Bitter Cup of Remorse.*—A mother who does not rule her child “with diligence,” and who does not teach him discipline—a lesson that all sooner or later must learn—will have to drink the bitter cup of remorse—she will have to drink it even to the very dregs. She cannot escape from drinking it—it is as inexorable as fate! If an indulgent mother had alone to suffer for her gross dereliction of duty, it would be sad enough, but her unfortunate offspring will have to suffer, likewise, to the bitter end !

353. *The Crave and the Craze of the Day.*—Dress is decidedly the crave and the craze of the day. A child—a girl especially—is inoculated with the craze at a very early age ; the infection is almost sure to take, and take to perfection ; for many girls think of very little else but Dress ; about which they rave, they dream,

they talk, both in season and out of season—handsome dress being upon their tongues and upon their backs! It seems, with some girls, they were only made to dress, and that all else besides is “labor lost!” It behooves a mother, then, not to fall into this error; but in the rearing of her children, to make them early learn and understand that dress is of secondary consideration, and that the beautiful clothing of the mind is far more to be coveted than the beautiful clothing of the body!

354. *The Dry Morsel and Quietness therewith.*
—A mother should be careful to have perfect peace in the nursery just before and during meal-times, or the digestion of her child will be interfered with, and his meal, whatever it might be, will be more likely to do him harm than good. Many a head of a family can prove my assertion to be true; if, for instance, he have, immediately before dinner, received any annoying intelligence, although hungry just before, at the receipt of the news his appetite has instantly vanished, and he turns away from his dinner with loathing and disgust. No; peace and quietness, especially before and during a meal, are essentially necessary to good digestion. Shakspeare was well aware of the fact when he said,

“Unquiet meals make ill digestion.”

The Bible, too, is very emphatic on the importance of quietness during meals: "Better is a dry morsel, and quietness therewith, than an house full of sacrifices with strife."—*Proverbs*.

355. *The Enemies of a Parent's own Household.*

—If a child grow up to be a reprobate, or to be disobedient, he is emphatically, in every sense, an enemy of his own household—the bitterest enemy a parent can have! And if, unfortunately, his wickedness had first arisen from his parent's bad management—from over-indulgence and from want of proper discipline—the parents themselves were the *original* enemies of their own household. When such be the case, as it often is, the poignancy of their grief must be exceedingly sharp; for had he, as a child, been "ruled diligently," he might, through God's blessing, have, as a man, turned out a dutiful instead of an undutiful son—a fast friend instead of a bitter enemy—a blessing instead of a curse!

356. *The Evils of Sensational Tales* for a child are, in the present day, great and many; they enervate his mind; they give him unnatural ideas of men and things; they make him dreamy and unfit for the realities of life; they are oftentimes a tissue of tomfooleries—full of sickening rubbish of love and murder; they make him indolent, luxurious, and sensual—

such qualities being totally unfit to form a noble character. A mother may inquire, "Would you have no tales for a child?" Certainly I would, and tales full of fun and frolic and adventure, but not sensational. The sensation tales of the present day have too much the resemblance and the quality of sensational novels for adults to be good for an innocent child!

357. *The Eyes, the Nose, the Ears, the Taste, the Touch* of a child should all be educated—are his best educators! His eyes to see and to observe; his nose to smell sweet flowers, and to point out the peculiar odor of each; his ears to distinguish sounds; his taste to discriminate the bitter from the sweet, the sweet from the bitter; his touch to distinguish one substance from another—its size, its form, its peculiarities. This is the way to educate a child, and not by book-learning; the one is useful, the other, at his tender age, is worse than useless—a waste of time and a waste of brain-power—which latter must not, on any account, be allowed.

358. *The Graves are for the Old.*—I will maintain that children—as *children*—ought not, as a rule, to die! The graves are not intended for the young,

"the graves are for the old."—*E. B. Browning.*

But, then, when the children of the poor are *made* to earn their own bread—what else but disease and misery and death are to be expected? A child's mission is play and not work—is frolic and not grind! How exquisitely beautiful is "The Cry of the Children of the Poor" by Elizabeth Barrett Browning. I cannot resist quoting a stanza:—

"Do ye hear the children weeping, O my brothers,
Ere the sorrow comes with years?
They are leaning their young heads against their mothers,
And *that* cannot stop their tears.
The young lambs are bleating in the west—
The young birds are chirping in the nest,
The young fawns are playing with the shadows,
The young flowers are blowing toward the west—
But the young, young children, O my brothers,
They are weeping bitterly!
They are weeping in the playtime of the others,
In the country of the free."

359. *The Heart of a Girl* is often weakened by a fashionable life—by excitement; and yet "a sound heart is the life of the flesh." A mother, then, should be cautious not to allow her daughter to trifle with such a noble organ as the human heart. There would not be so many damaged hearts among young ladies as there now are if fashionable life was more eschewed than it now is. But so it is, and so to the end of the chapter it will be: a fashionable life, if it be strewn with flowers, is, neverthe-

less, full of thorns; if it be a merry life, it is, as a rule, a short one, and has a most unsatisfactory ending. A girl's existence is worthy of better things, she having been sent into the world for noble purposes—to perform a glorious mission! A fashionable lady's life might emphatically be called *a wasted life*! The world is full of *wasted lives*, and will be so, until a complete revolution takes place in the customs and habits of society!

360. *The Never Knowing When you are Beaten* is an admirable lesson for every English boy to learn; defeat should only urge him on to greater exertions; until, at length, victory will crown his efforts, and the field will be won! Truly it is a valuable lesson for every boy to learn—"Never to know when he is beaten." It is the lesson that has made England what she is—the glory and the envy of the whole world!

361. *The Race is not always to the Swift, nor the Battle to the Strong*; but although it is not *always*, it is *generally* so; hence the importance of a mother giving her child bone and sinew and nerve, that he may run the race and fight the battle of life—which race and which battle all have to run and to fight!

362. *The Silvery Side of the Cloud*.—A cheerful mother—one who looks on the bright side of

everything—on “the silvery side of every cloud,” is a blessing to her child and to her whole household. How many troubles a cheerful spirit in a mother surmounts; how much happiness in a family a cheerful mother imparts. Cheerfulness is like sunshine; it brightens up the gloomiest prospects, and makes a heaven upon earth. A cheerful heart never despairs, but is courageous, and imparts courage to others. A cheerful mother is almost sure to make her child cheerful, and a cheerful child is invariably a happy child. Cheerfulness is the principal ingredient in the cup of happiness. Cheerfulness is most strengthening and invigorating to the frame. “A merry heart doeth good like a medicine: but a broken spirit drieth the bones.” —*Proverbs*.

363. *The Truth, the Whole Truth, and Nothing but the Truth*, in case of the sickness of a child, should be told to the doctor by the mother. There should be no prevarication—no keeping things back—no high-flown language—no trying to give her own version of the case. A plain unvarnished tale should be told him; for many a mother wraps her words up in so much verbiage, that it is difficult to pick out a real meaning, and, in consequence, her child is likely to suffer from the doctor not fully comprehending the case. A mother, then, in consulting

her medical man, should be simple in her language, truthful in her statement, and never wander from the subject in hand. "You should tell the truth, the whole truth, and nothing but the truth, to your Doctor. He may be never so clever, and never so anxious, but he can no more know how to treat a case of illness without knowing all about it, than a miller can make meal without corn; and many a life have I seen lost from the patient or his friends concealing something that was true, or telling something that was false. The silliness of this is only equal to its sinfulness and its peril."—*Plain Words on Health*, by John Brown, M.D.

364. *Thick Coverlets on Beds*.—A thick coverlet on the bed of a child is an abomination. A child covered with a thick coverlet is sure to kick, if he can, all the bed-clothes off him, and well he might do so—he feels half-suffocated! Look at him! he is bathed in a profuse perspiration—perspiring from every pore! It is impossible for a child to sleep sweetly, if he be under such an infliction—he is sure to be restless, and why? The perspiration cannot get away from him; and as the skin is a breathing-apparatus, this is a grievous state of things. No; if he is to have a coverlet at all, let it be an open-worked one of some sort, in order that his skin may properly breathe through it, and

that the perspiration—which in the night season is profuse—may escape from him into the surrounding air, and which it ought to be enabled readily to do. If, in the winter-time, a mother should want to make her child properly warm at night, she should put an extra blanket on his bed, as the perspiration will readily escape through blankets when it cannot possibly through a thick coverlet—a thick coverlet being almost air-tight. Truly a thick coverlet on the bed of a sleeping child is an enemy to health and to happiness; for if a child be not well, it is impossible for him to be happy—health and happiness being inseparable friends. A person who is in perfect health cannot be truly miserable! Health, then, has very much to do with happiness; hence the necessity of a mother taking every possible care of the health of her child—health being the most precious of all earthly treasures.

365. *Thinking Mothers.*—What a good thing it would be if we could get mothers to think; but we cannot! If we could make them think, we should make them understand the importance of thinking about their children more than they do—not about their loving them, for they are always thinking of that—but about their children's bodily wants and their mental necessities—these are the subjects that mothers

should think about; and by thinking, devise the best means for supplying such wants and such necessities. "Pray look around you. Scarcely one in a thousand of *any* class, under any circumstances, can be got to think. I have lived in most capitals of Europe; I have seen your highest and your lowest; I have mingled with all classes. I tell you that men do not love the labor of thinking; rich or poor, they love it not; it is a toil, a disturbance; it wearies, it afflicts them. Here and there the propensity is developed, and chiefly, like some other plagues, where the diet is low, and the dwelling is dark, and the air is stagnant. In some constitutions, whatever may be the surrounding circumstances, the fever will break out, and then it makes of the man—as chance or the multitude will have it—a god or a demon."—*Thorndale*; by William Smith.

366. *Thou shalt not be Afraid for any Terror by Night.*—A little child is often frightened at darkness; but when he is, there is something wrong in his bringing up; for if he be well brought up, the darkness and the light are both alike to him. The probability is, that some foolish nurse has been frightening him during the day with tales of ghosts and hobgoblins. Now, there is no use in scolding a little child—he cannot be scolded out of his fears. The best

way is to have a candle burning in his bedroom, and to have his door open, and for his mother to be within call. As soon as he is asleep, the light of the candle should be extinguished. A little gentle, soothing talk from his mother will, in a short time, make him forget his fears, and, for the future, he will become a brave little man: "Thou shalt not be afraid for any terror by night."—*The Psalms*.

367. *Threatening a Child*.—It is a wrong system altogether to threaten a child with punishment—the mother the while not having the slightest intention of putting her threat into execution. Now, this does harm in more ways than one. In the first place, the child, from experience, knows full well that the mother will not punish him; he, consequently, loses confidence and faith in her truthfulness, which is a grievous state of things. In the second place, her threats have no deterring effect upon him—they only encourage him in his naughtiness. A mother ought never to threaten punishment without, if he persists in his disobedience, executing judgment, and carrying out the punishment to the very letter—a child must see that the mother intends what she says, and that she does not mean either to trifle or to be trifled with.

368. *The Wandering Bee gathers Honey.*—This is a good lesson to teach a child industry, and foresight, and wisdom, and thriftiness. “The wandering bee gathers honey;” he gathers it in his wanderings to take it to his home, and to lay it by for a store for the winter, when not able to work; he gathers it with care and with assiduity; he gathers it in his wanderings, but he does not wander about without a motive—he works, while he wanders, with a will—he has an object—he combines business with pleasure, humming with joy the while, and never for one moment being idle; he gathers the honey from the flowers—the sweet and luscious honey—and leaves the bitter behind: what a lesson for a child—to extract the sweet from the bitter, the good from the evil, and to leave the bitter and the evil behind; he takes it home, and does not squander it away; he takes care of it until the winter, when there are no flowers to sip, and when, unless he had had foresight, he would starve! Truly “the wandering bee” preaches a splendid sermon to every one—to a child especially—on industry, on foresight, on wisdom, and on thriftiness.

369. *The Nervous System of a Child* is at a low ebb; there is very little vigor in it; it is easily excited, and excitement is a sign of weakness; and therefore the nervous system of a child

should not be tried by book-learning; or the nervous system will come to grief, and will assuredly break down, and the child will become either delicate, or a fool, or he will die:—

“Thy nerves are in their infancy again,
And have no vigor in them.”—*Shakspeare.*

370. *Thorough Ventilation of a House.*—To ventilate a house thoroughly in the morning—the skylight, or the landing window, the back door, and the front door should, for a couple of hours in the morning, be opened, the front door being guarded the while from intrusion by means of a door-chain. Now, by adopting this simple plan, you get a thorough current of pure air into your house, which would make it sweet for the remainder of the day. Air—pure air—is one of the grand essentials of health; but, alas! although it be so cheap and so plentiful, it is a rare commodity. Impure air is the pabulum upon which many diseases live and thrive! Many people never open their windows from week's end to week's end—the rooms in consequence smelling foul, musty, and frouzy.

371. *Time a Healer of Ills*—one of the greatest we possess. It takes time to heal a bodily infirmity—a wound; it takes time to heal a mental infirmity—an affliction; and if we hurry

either the one or the other, we make matters worse instead of better:—

“What wound did ever heal but by degrees?”

Shakspeare.

Mr. Whitbread, M.P., in the House of Commons, the other evening, in speaking on a certain subject, made the following sensible remarks: “We must allow time, that great healer of all ills, to have its proper effect.”

372. *Tight Hand.*—When a child is brought up with too tight a hand, he frequently grows up wild. If he be not allowed to enjoy, when he is young, innocent pleasures, he will probably make up for it, when he grows up to man's estate, by embarking in pleasures that are anything but innocent. Severity in the bringing up of a child is much to be deprecated; indeed, it cannot be too strongly condemned! It is wonderful what power the law of kindness will have even on the most obdurate heart; if such be true, what must it have on a tender, impressionable little child?

373. *Time Lost must be Redeemed.*—If a mother has hitherto been lax in the bodily management and in the mental training of her child, and has, in consequence, lost much valuable time, she must now be doubly diligent, and bestow on her child extra labor and pains, in order to redeem

the time! It is so sometimes that a sense of a mother's responsibilities suddenly rushes on her mind, and seems almost for the time to overwhelm her. When such be the case, she ought not to disregard such promptings; but bestow all her energy and judgment in giving effect to such excitors of action.

374. *Time of Promise, Hope, and Innocence.*—There is a beautiful sentiment, by an Anonymous Author, on this subject, which, as it is very appropriate to these pages, I cannot refrain from quoting:—

“Oh ! time of Promise, Hope, and Innocence,
Of Truth, and Love, and happy Ignorance !
Whose every dream is Heaven, in whose fair joy
Experience yet has thrown no black alloy ;
Whose Pain, when fiercest, lacks the venom'd pang
Which to maturer ill doth oft belong,
When, mute and cold, we weep departed bliss,
And Hope expires on broken Happiness.”

375. *'Tis Hard Work to do Nothing!*—When a child, or any one else, is well, it is the hardest work in the world to do nothing! When a child is sitting or lolling about and doing nothing—averse to play—for play is a child's avocation—the chances are that he is poorly, and that his case requires investigation. To have nothing to do! To do nothing! God help the child and every one else that has nothing to

do! They are more to be pitied than the veriest laborer that toils in the fields! A laborer does work, is compelled, fortunately for him, to work, and by working fulfils the law of God: "In the sweat of thy face shalt thou eat bread, till thou return unto the ground."—*Genesis* iii. 19.

376. *To Walk Circumspectly*.—How applicable it is to a mother's case that she "walk circumspectly, not as fools, but as wise." If such were more general, how many an accident might be prevented; how many a disease might be nipped in the bud; how many a heartache might be spared; how many a tear might be saved from being shed; how many a sting of remorse might be averted; but, alas! circumspection, in many a nursery, is frequently not to be found—all is left to blind chance, and nurses and children are allowed, as they well may, to take care of themselves!

377. *To Throw a Perfume on the Violet*.—Some mothers are fond of putting scents upon their children: it is all very well for grown-up people who have disagreeable smells to try and hide them with perfumes: but for a healthy child, who, if he be well washed and well cared for, is as fresh and sweet as a daisy, to have scents upon him, is a folly as great as

"To throw a perfume on the violet."—*Shakspeare*.

378. *To Lock the Stable when the Steed is Stolen.*—How many a mother commits this folly! She allows her child, for instance, who is poorly, to become a confirmed invalid, before she seeks proper advice; and when no good, in consequence of the delay, can be done to him, she is like a drowning man, who catches at straws to save him from destruction—she calls in half a dozen doctors, who can do no good: “She locks the stable when the steed is stolen.” The moral of which is, that a mother should call in a doctor in the early stage of the disease—when good can be done; and not half a dozen doctors—when the case is hopeless—when “the arm of flesh” is powerless to save.

379. *To Love all Things.*—A mother should teach her child to love all things—for a child should be full of love; whatever cruel man may be, a cruel child is a painful object to behold, and one most unnatural. William Smith, in *Thorndale*, gives a beautiful description of a mother in guiding her child in the path of love: “She taught me,” he says, “to love all things, all living creatures, and to find beauty where I should else have never looked for it. She taught me to give pain to no sentient thing, to inflict no suffering, if possible, on any fellow-mind. She made me understand that there was a spirit of love abroad through all the universe, and in

the Author of it all, that I must be like it, if I would be good or happy ; if like it, I should live in peace for evermore."

380. *To Run with the Hare, and to Hunt with the Hounds*, as a mother often does, in the presence of her child, to her friends, is an admirable method of teaching her child hypocrisy ! What the mother says to her friends *before* their faces, and what she says of them *behind* their backs, are often diametrically opposite: her child, the while, hearing, and seeing, and learning his lesson—the lesson of hypocrisy, which he does not forget in a hurry, but in process of time follows his mother's example, and "runs with the hare, and hunts with the hounds;" becomes after a little practice an adept—a confirmed hypocrite, his mother herself having taught him his first lessons in the art. Oh ! how careful a mother should be, before her child, in "back-biting" her friends ! If a mother must "back-bite" her friends—and with some persons it is a favorite amusement—let her do it in the absence of her child, and not poison his innocent mind with such venom !

381. *To Sit Still and do Nothing* is an excellent motto for a quacking mother ; if her child either have, or if the mother fancies that he have, anything the matter with him—and it is

more frequently the latter than the former—some wretched mess is forced down his unfortunate throat ; or, if, by the improper administration of aperients, his bowels are made costive, the mischief is increased by repeating the dose, until at length his bowels will not act without physic, and physic becomes his daily portion and potion ! Oh ! if such a mother could be made to understand how much better, in such a case, it would be “to sit still and do nothing,” the bowels would soon recover their proper function, and act without a particle of opening medicine. A quacking mother has much to learn, as her unfortunate child has much to suffer ! It would be far better for such a child never to taste a grain or a drop of medicine than to be so barbarously treated !

382. *Train up a Child to be Unselfish.*—The sin of the present day is selfishness. Children are, in every way, made selfish—their elders have to give way to them in everything, to their freaks, to their fancies, and to their failings. Now, a selfish child is sure to make a selfish man ; and a selfish man is one of the most detestable of characters—he lives only for himself, for his own pleasures, and for his own comforts—self being the alpha and the omega of his existence !

383. *Tobacco Smoking for Boys.*—Let me enter my strongest protest against the abominable custom of a youth, at the commencement of puberty, smoking. Boys often think it manly—that it is asserting their manhood to smoke! Now, this idea is perfectly absurd! Smoking, too, at this particular time is especially prejudicial, and has driven many a youth, if he be so predisposed, into a consumption: at other times it has brought on a succession of epileptic fits, which have not only endangered his health, but even his very life itself: “Stop that boy! A cigar in his mouth, a swagger in his walk, impudence in his face, a care-for-nothingness in his manner. Judging from his demeanor, he is older than his father, wiser than his teacher, and more honored than his master. Stop him! he is going too fast. He don’t see himself as others see him. He don’t know his speed. Stop him! ere tobacco shatters his nerves; ere manly strength gives way to brutish aims and low pursuits. Stop all such boys; they are legion; they bring shame on their families, and become sad and solemn reproaches to themselves.”—*American Paper.*

384. *Tooth-ache.*—Little pains, like little worries, are very hard to bear, and sometimes prevent one from properly following one’s occupation; the pain of tooth-ache, for instance, often

unfits one for one's duties, and makes one feel ill "all over :"—

“ 'Tis even so ;
For let our finger ache, and it indues
Our other healthful members ev'n to that sense
Of pain.”—*Shakspeare*.

385. *Treasures—Household Treasures*.—O, it is a joyous sight for a mother to watch her happy children at play. While doing so, she can fully appreciate those beautiful lines of Carpenter:—

“ Household treasures ! household treasures !
Are they jewels rich and rare,
Or gems of rarest workmanship,
Or gold and silver ware ?
Ask the mother as she gazes
On her little ones at play :
Household treasures ! household treasures !
Happy children—ye are they.”

386. *Troubles*.—A mother's troubles, with regard to her child, may be principally divided into two heads, (1) preventable troubles, and (2) non-preventable troubles. *Preventable troubles* are those brought on by a mother's want of vigilance ; by carelessness ; by trusting to servants—few of whom are to be trusted. Now, preventable troubles are very hard for a mother to bear—knowing, as she well does, that if she herself had done her duty, her poor little innocent child would have been saved much suffering, and she

herself much misery and self-reproach. *Non-preventable troubles*—as they are not owing to lack of duty—can be borne with greater resignation, as she will not have the stings of conscience to sting her to the very quick; as in preventable troubles she most assuredly will have.

387. *Trust*.—There is nothing like trusting a child, until he deceives you. A child that is never trusted is sure to be a little sneak, or coward, and full of falsehood, and is likely in the end to develop into a dishonorable, disreputable man. “Honor bright” should, in the bringing up of a child, be the watchword. A trusted child generally turns out every inch a man!

388. *Trust and Obey your Doctor*.—You had no business to employ a doctor for your child unless you *trust* him—unless you have the most implicit confidence in him; you had no business to employ a doctor for your child unless you *obey* him in all things. Some things to you may appear trifling, but which, in reality, may be very important, and may decide whether your child shall live or die! Some foolish mother declines giving the medicine to her child—because the medicine is not very pleasant—“she will not,” she says, “torment her child by giving it.” I reply,—That it is better that her child be tormented by the nauseous medicine than by the

fell disease, and that *bitter* physic is “often *bitter* to *sweet* end.” With regard to *trusting* a doctor, Dr. Brown, in his *Plain Words on Health*, speaks much to the purpose when he says: “It is your duty to *trust* the Doctor—that is, to believe in him. If you were in a ship, in a wild storm, and among dangerous rocks, and if you took a pilot on board, who knew all the coast and all the breakers, and had a clear eye, a firm heart, and a practised hand, would you not let him have his own way? would you think of giving him your poor advice, or keep his hand from its work at the helm? You would not be such a fool, or so uncivil, or so mad. And yet many people do this very same sort of thing, just because they don’t really trust their Doctor; and a Doctor is a pilot for your bodies, when they are in a storm and in distress. He takes the helm, and does his best to guide you through a fever; but he must have fair play; he must be trusted even in the dark. It is wonderful what cures the very sight of a Doctor will work, if the patient believes in him; it is half the battle. His very face is as good as a medicine, and sometimes better, and much pleasanter too.”

389. *Trustfulness*.—A child who has judicious, sensible parents has such perfect confidence in his mother’s truth and good faith that he believes her statement to be true, however im-

probable it might appear: this fact is well exemplified by the following anecdote: "A little boy, disputing with his sister, recently, exclaimed, 'It's true, for ma says so; and if ma says so, it is so if it ain't so.'"

390. *Truthful Mother*.—A truthful mother is sometimes austere—she lacks gentleness—we may, to such an one with Shakspeare, truly say—"The truth you speak doth lack some gentleness." A mother, in her intercourse with her child, should bear in mind that golden rule of St. Paul—"Speak the truth in love."

391. *Twits*.—A child should not be encouraged by his mother to tell tales—"to twit" of his brothers and sisters and of his nurse. There is something low and mean in a child being "a twit." He is one, too, that is always disliked by every one who has anything to do with him. "A twit" is usually a sneak; he hearkens out for all that is wrong, in order that he may, by telling damaging tales of others, curry favor with his mother.

392. *Unbridled Children* will soon become unmanagable to their mothers; they are like young colts who have never been broken. A child who does not bear the yoke in his youth will, in consequence, have to bear a grievously heavy one

in his-manhood. How many a mother laments, when it is too late, that she has over-indulged her children; that she has allowed them to have too much their own way; and that they are now her masters;

“unbridled children, grown
Too headstrong for their mother.”—*Shakspeare*.

393. *Understanding*.—A child is very inquisitive—and well he should have an inquiring mind, for he has many things to learn—to take in—to comprehend—to understand: and how can he understand, if he does not inquire? A boy, then, should be encouraged in his inquisitiveness, and the answers to his queries should be so clearly and simply given to him, that his young mind may readily understand them. The best way to improve a child's understanding is by conversation—he being the questioner, and the mother herself being the expounder. It is surprising how much valuable information may be imparted to a child in this way; indeed, conversation is almost the only way in which a child should be instructed, and, thus, be made to understand. “Give thy servant an understanding heart” is a beautiful and most comprehensive prayer. There is no quality so much needed in this world as “a good understanding in all things.”

394. *Undressing Children for the Night.*—
When children are about to be put to bed, the father and the mother should adjourn to the night-nursery, and see their little ones undressed for the night—it is a charming sight to see! The simple pleasures of married life are the most delightful and the most enduring; they do not leave, as many of the pleasures of this life do leave, a sting behind them! There is a sweet description of “A pretty sight to see” in *The British Workwoman* for September, 1872, which I cannot refrain from quoting:—

“ In the early evening
 Playthings are put away,
And the babies come together
 Their sweet good-night to say :
One to mother clinging,
 Two on father’s knee ;
O the curls and dimples
 Are a pretty sight to see!

“ In their dainty night gowns,
 Never half so fair ;
White arms soft and curving,
 Little pink feet bare ;
Every pose so graceful,
 Every motion free ;
O, there’s no denying
 It’s a pretty sight to see!

“ After lavish kisses,
 The last ‘ good night ’ is said,
And then the little fairies
 Go trooping off to bed.

And when upon the pillows
They cuddle down, all three,
O, then my sleepy darlings
Are a pretty sight to see!"—F. M. B.

395. *Unhappy Child*.—An unhappy child is a painful and unnatural sight to see. Whatever unhappiness there may be in this world—and sin and folly are the two principal causes of unhappiness—a child should not be one of the unhappy people—he was made for happiness, and should be “as happy as the day is long.” What can he know of sin? What can he know of folly? until it has been implanted into his nature by instructors and instructresses. “There is something very sad, and, in a true sense, very unnatural, in an unhappy child. You and I, grown-up people, who have cares, and have had sorrows and difficulties and sins, may well be dull and sad sometimes; it would be still sadder if we were not often so; but children should be always either laughing and playing, or eating and sleeping. Play is their business. You cannot think how much useful knowledge, and how much valuable exercise, a child teaches itself in its play; and look how merry the young of other animals are: the kitten, making fun of everything, even of its sedate mother’s tail and whiskers; the lambs, running races in their mirth; even the young asses—the baby-cuddie—how pawky and droll and happy he

looks, with his fuzzy head, and his laughing eyes, and his long legs, stot, stotting after that venerable and *sair hauden-doun* lady, with the long ears, his mother.”—*Plain Words on Health*; by John Brown, M.D.

396. *Unkind Words* ought never to be spoken to a child—they are gall and wormwood to him; they rankle in his mind “like a thorn in the flesh;” they make him cross and irritable; they spoil both his temper and disposition. He should be ruled by the laws of kindness and of obedience—by love and not by fear—no other laws will answer the purpose. A mother may be firm, and yet gentle; decisive, and yet pitiful!

397. *Unkind Sons and Unkind Brothers* invariably make Bad Husbands. If a young man be unkind to his mother or to his sisters, he is likely to make a bad husband. Let a mother who has marriageable daughters beware of such an one, or misery will be her daughter’s future portion. On the other hand, if a young man be kind and affectionate to his mother and to his sisters, such an one is likely to make an excellent husband. A kind and affectionate disposition, next to a healthy constitution, is most to be desired in marriage.

398. *Unmaidenly Accomplishments*.—Some of the accomplishments of *the fast young ladies* of the present day are as follows: the talking of slang; the uttering of mild oaths; the smoking of cigars and of cigarettes; the whistling of snatches of song. For the latter accomplishment the verdict of the old adage is summary and severe: "Whistling women and crowing hens ought to have their heads cut off!" But, in truth, whistling is a mannish accomplishment, and men do not like mating with women who have mannish accomplishments—who are mannish women. A mannish woman is what George MacDonald calls "an unwomanly woman;" and nothing is more hateful to a man than "an unwomanly woman."

399. *Up to Anything*.—A healthy child is up to anything—he only wants a leader, and he will follow, or he will be the leader and his comrades must follow; for either leader or follower is all the same to him—provided he keep moving; for move he must—it is a necessity with him—it is an instinct planted in his very nature, and he must obey. A child must be up and doing—a pattern to lazy folks—for he is never idle.

400. *Utility*.—There is not a greater pleasure in the world to a child than setting him some-

thing that he considers useful to do; and if it make him happy, it is useful. When he sits down to a table, for instance, giving him paper to make into spills; to help the gardener at the flower beds; to send him to different parts of the house on errands—of course giving him messages to deliver not beyond his comprehension. Utility is as much valued by a child as it is by a grown-up person; and to make him useful as a child is to make him useful as a man. “There is beauty in utility.” There is, Heaven knows, an abundance of useless beings in the world without enlisting him in their already over-stocked ranks. It is a misfortune to a child to bring him up in idleness—I do not mean that he should be taught book-learning until he be old enough—that is quite out of the question; but useful things he should be taught, and that early—the earlier the better. Who are the men whose names are as “household words”—the men of mark—who have made England famous? The useful men!

401. *Vanity in a Child* ought to be repressed, instead of being, what it often now is, in every way, encouraged. Look at a little girl! A vain mother dresses her out in finery, and makes dress with her a great consideration—of first-rate importance. Now, what must a little girl think of such anxiety on her mother’s part

that she must be well dressed—that she must look nice! It can only have one effect upon her impressible mind, and that is, that it must make her vain, and must make her grow up vain, for if she be vain as a child she will assuredly be vain as a woman. It is sad to know how many fine characters are ruined by vanity; it is still more sad to know that the seeds of vanity were first sown in their childhood by the hands of their own mothers!

402. *Ventilating Shafts*.—In building a house there is nothing for ventilation like *large* chimneys in *every* bedroom in the house. Chimneys may truly be called *ventilating shafts*; and ventilation is as essentially necessary for the health of the lungs (and therefore of the whole body), as good food is for the stomach; indeed, air is the lungs' food—and the lungs must have plenty of it to be in good health. The essential difference between the supplying of the lungs with food and the supplying the stomach with food is this—that the former requires continuous feeding—night and day; while the latter only needs feeding at intervals—from time to time. It is a cruel thing to box a person up at night in a room with a stopped-up chimney, or to put him in a chamber without a chimney in it—it is a species of slow-poisoning, and will, in time, as effectually destroy human life as a large dose

either of arsenic or of prussic acid. Shame upon an architect who does not, in the building of a house, put a chimney in every room! He is, if he omit doing so, a perfect *ignoramus*, and should be drummed out of his profession! *To still more improve the ventilation of a bedroom*, let not only the chimney be unstopped, but, in the summer-time, let the upper-sash of the window be lowered about an inch, and kept open day and night continually; this will make a bedroom fresh and sweet, both night and day, and will materially assist the chimney—the ventilating shaft—in carrying off gas, spent breath, exhalations from the skin, and other impurities.

403. *Very Few People Live Wholesomely*, or know how to live; they do not understand the importance of simplicity of living: grown-up people, as a rule, take too many stimulants; and children, as a rule, live too richly, and partake of too many dishes. A child ought never, at dinner, to eat but one kind of meat; although a variety of wholesome vegetables may, with advantage, be eaten with his meat—such vegetables being good for, and sweetening to, his blood; a farinaceous milky pudding should form a part—and a great part—of the daily dinner of every child.

404. *Very Little Nerve and Very Little Muscle*.—Some of the girls of the present day have very

little nerve and very little muscle—they are but little better than abortions! Should such things be? Certainly not, provided their minds and their bodies were better managed than they now are. But when you hear of girls sitting up half the night dancing and waltzing, and sleeping and dozing half the day, and, during the small portion of the daylight yet remaining, lolling on easy chairs and sofas, and reading sensation novels, can anything else, I say, be expected from them than very little nerve and very little muscle, and that they should be little better than abortions? I trow not!

405. *Vigilance*.—If there be one quality in a mother more necessary for the welfare of her child than another, it is—vigilance. The dawdling, easy-going mother is always getting into trouble—for the sins of omission are in this world almost as severely punished as those of commission. A vigilant mother is ever on the alert to preserve and to promote the health of her child. She is never willing to delegate her duties to a servant, knowing full well how, if she were foolish enough to do so, her child would fare. No: a vigilant mother is a blessing to her child, more especially if her vigilance be combined with good sense, with firmness (although tempered with gentleness), and with courage to do what is right. Vigilance com-

prises many rare qualities, absolutely needful for a mother to possess, namely, watchfulness, a determination at any cost to do her duty, caution, self-abnegation, "attention in discovering and guarding against danger." Vigilance decidedly is one of the most necessary duties for a mother to possess. If vigilance were more common in the nursery than it now is, there would be far less misery, fewer diseases, and not so many deaths among children as there now are. A mother's part, then, is vigilance—nothing should be left to chance:—

"Chance will not do the work. Chance sends the breeze;
But if the pilot slumber at the helm,
The very wind that wafts us towards the port
May dash us on the shelves.—The steersman's part is
vigilance,
Blow it or rough or smooth."—*Scott*.

A mother may emphatically be called the pilot—the steersman of her child!

406. *Voice of a Child*.—The voice of a child, in a well-conducted nursery, is full of harmony; while in a badly-managed nursery it is full of discord. A stranger, the moment he enters a house, can tell what kind of a mother rules within: if she be a mother who "looketh well to the ways of her household," the merry laugh and the cheery voice abound and resound through the dwelling; while, on the other

hand, if the mother either does not understand her duties, or if she neglect her duties, the fretful cry and the piercing scream continually are heard!

407. *Waists of Young Girls.*—The waist of a young girl should never be desecrated either by corsets or by stays. It is as *wicked* a thing to pinch in a young girl's waist, as it is a *foolish* thing to tighten in a woman's waist; but as the latter is old enough to know better, and to take care of herself, I will, in this place, say no more concerning it. But a young girl, who either does not know better, or who has no voice in the matter, is quite another thing altogether—she has a mother to take care of her, and her mother is the one to come to a true decision. A mother, then, should beware how she tightens in her young daughter's waist—it is the first step in wrong-doing that does the mischief! A mother may, by permitting her daughter to be girthed in by stays, do an injury to her constitution which time can neither remove nor ameliorate.

408. *Want of Thought.*—A mother's heart is brimful of love; if affection could make and keep her child strong, he would be a regular Samson; but the misfortune of it is, a mother—a young one especially—is frequently thought-

less, and her child in consequence suffers. We will suppose, for instance, that her child has been dressed by the nurse in clothes that have not been properly aired—the mother herself not having, as she ought to have done, looked the nurse up in the matter—these damp clothes will probably give her child a chill, which chill is likely to be the forerunner of either bronchitis, or of some other serious disease. Now, it is of no use, in such a case, to blame the nurse; the mother is the right person to blame, as is the poor unfortunate little one to suffer—all arising from the mother's want of thought. How true it is—

“ That evil is wrought
By want of thought
As well as want of heart.”—*Hood*.

409. *Warmth and not Gay Clothing*.—How truly might a child sing:—

“ 'Tis warmth and not gay clothing
That doth prolong our lives.”

John Chalkhill, 1653.

And warmth, by way of clothing, is best promoted by flannel and by other woollen clothing. A mother who does not understand the management of children is apt, in the depth of winter, to send her child out, in the cold and biting air, decked in gay colors—in all the colors of the rainbow; while her child's poor unfortunate lit-

the legs, up to his very thighs, are often quite bare—utterly devoid of all covering! What a pity it is that such a mother has not a little common sense, that she does not care less for show and more for comfort! But some mothers are as ignorant of such matters as the babe unborn!

410. *Wasteful Child*.—There is great waste, at the present time, in many nurseries, which is very wrong and very wicked! A rich man's child is often taught, from his earliest days, to be wasteful—he sees nothing but waste and prodigality. If he, for example, be helped to meat at dinner, as much meat again is put upon his plate as he can eat; so with milk, as much again milk as he can drink; the consequence being that the wasted material is thrown to the dogs and to the cats, who are often, like the child, so pampered, that they will neither eat the meat nor drink the milk! The fact is, there is more wasted—literally wasted—in many a rich man's nursery than would supply, and that with abundance, a poor man's table! Should such things be?

411. *Watchful Mother*.—How well Cowper—dear and loving Cowper—describes his mother's nightly visits to him:—

“Thy nightly visits to my chamber made,
That thou might'st know me safe and warmly laid.”

Keble, too, gives a charming description of a watchful mother:—

“The watchful mother tarries nigh,
Though sleep have clos’d her infant’s eye;
For should he wake, and find her gone,
She knows she could not bear his moan.”

412. *Weeping for Joy*.—How many a child weeps when he is glad—he weeps for joy. There is such a slight partition between two different and opposite affections that they frequently meet and kiss each other. Intense pleasure, for instance, often gives pain; excessive joy will often simulate grief, and cause “a tempest of tears:”—

“I am a fool
To weep at what I am glad of.”—*Shakspeare*.

Virtue, too, sometimes borders on vice; for instance, firmness may become obstinacy, carefulness may become penuriousness, courage may become foolhardiness:—

“Virtue itself turns vice, being misapplied;
And vice sometimes by action dignified”
Shakspeare.

413. *Weigh our Sorrow with our Comfort*, and we shall find a heavy balance on comfort’s side. We are all apt to dwell upon our sorrows, and to make light of our comforts; although our sorrows are but few, and our comforts are many. We are, in England, so accustomed to comforts,

that we look upon them as our rights ; and, if they are at all interfered with, we feel ourselves most injured creatures:—

“ Then wisely, good sir, weigh
Our sorrow with our comfort.”—*Shakspeare.*

414. *Well and Ill.*—When a child is well, the plainest food is as sweet to him as sugar ; but when he is ill, it is as bitter to him as colocynth : “ The food to him is now as luscious as locusts, shall be to him shortly as bitter as coloquintida [colocynth].”—(*Shakspeare.*) Colocynth is an intensely bitter drug.

415. *What makes Home so Charming for a Child ?*—It is not grandeur ; for he does not understand it. It is not dainties to eat and to drink ; for they are thrown away upon him. It is not handsome toys to play with ; for he usually prefers the rough, the ready, the common, the extemporized toy ! What then makes home, however homely it might be, such a charming dwelling for a child—a spot of all other the most sunny and the most delightful ? His father and his mother : “ For it is not fine things that make home a nice place, but your father and your mother.”—*Geo. MacDonald.*

416. *When a Child be Cross.*—When a child, not accustomed to be cross, is cross, it is usually

his stomach that is cross, and not his disposition. A child who is badly managed, whether he be ill or well, is always cross—he is never anything else but cross—crossness being second-nature to him; but if a child be well cared for and judiciously reared, the case is far otherwise—he is never cross unless he be poorly; then the way to cure his stomach, and thus his crossness, is to be careful in his diet, to give him plenty of fresh air, out-door amusement and exercise, and no lessons whatever. This in a general way is the right plan, and better far than the physic plan. The physic plan should only be resorted to when there is real need, and not on every trifling occasion, as is the wont of some mothers.

417. *Whipping a Child* makes him sly and deceitful; whipping a child hardens his heart and blunts his susceptibilities; whipping a child makes him a sneak and a coward, and when he grows up, a tyrant; whipping a child whips bad ways into him; it is, as a rule, a cruel, cowardly, brutal proceeding to whip a defenceless little child, and one, moreover, who is dependent upon and at the mercy of, his parents!

418. *Who can Touch Pitch and not be Defiled?*—A child ought in every way to be kept from evil companions. A mother should be most cautious and careful in selecting a boarding-

school for her daughter. How many a poor girl dates the contamination of her mind and of her morals to the evils of a badly and loosely conducted school! It is much better, where practicable, to have a girl educated at home, under the fostering care of her mother. Accomplishments, as they are called, are dearly purchased if done at the expense of mental purity. The misfortune of it is, that at many of the fashionable schools, *fast young ladies* are to be found, who are quite competent and perfectly willing to corrupt the minds and the morals of all who come within their reach!

419. *Winter Season.*—The winter is the most trying and dangerous time, for a child, of the whole year, and therefore precautions ought at such times to be taken to promote his safety; but in these precautions, as in almost everything else besides, the middle course is the one to pursue—neither to coddle him, nor to be too venturesome with him. The precautions necessary to be taken are: good warm clothing for him—principally composed of flannel and other woollen materials; precautions as to not sending him out in damp and foggy weather—the latter being the more dangerous of the two; precautions in his food as to quality, quantity, and times of feeding him, which I have laid down in two of my other works—*Advice to a Mother* and *Coun-*

sel to a Mother—premising that in the cold weather he requires more food than in hot, and that meat, if he be old enough to eat it, is, at such times, peculiarly necessary—I mean, of course, in moderation; precautions that a fire be kept up constantly in the nursery, but that it must not be a large one—as he must not be bathed in perspiration, or he will be injured instead of benefited by it; precautions that he do not sit over the fire, but that he be knocking, and jumping, and playing about the house and about the nursery, having plenty of playthings to amuse himself with the while; precautions that the rules of health, as laid down in two of my other works—*Advice to a Mother* and *Counsel to a Mother*—be at such times strictly followed. The chances are, that, if they be, he will pass through the trying ordeal unscathed.

420. *Wisdom*.—It is more wisdom for a mother to look after her child herself than to trust him to the care of servants; it is more wisdom for a mother to think more of his bodily sustenance than of his mental aliment—that it to say, than of his book-learning; it is more wisdom for a mother to allow her child to run wild at his play in the fields than to coop him up at his lessons in a close school-room; it is more wisdom for a mother to attend to little things than to great things—to carry out details rather than to

originate some grand discovery ; to look low rather than high :—

“ Wisdom is oftentimes nearer when we stoop,
Than when we soar.”—*Wordsworth.*

421. *Woollen Vests in Summer.*—If a child wear flannel—and if he be delicate he ought always to wear flannel next the skin—he should always wear it in summer, whatever he might do in the winter time ! Flannel is more necessary in the summer than in the winter—it is more useful in India than it is in Russia ! The reason is obvious—flannel, being a bad conductor of heat, keeps the body at one regular temperature—neither too hot nor too cold ; and as the body perspires violently in hot weather, if a person does not wear flannel, his skin is more likely to be chilled and his perspiration to be checked by any draughts he might encounter. Such being the case, flannel—however paradoxical it may appear—is more necessary in the summer than in the winter season !

422. *Words of Gladness.*—A glad mother maketh a glad child. There is nothing more contagious than gladness ; it spreads through a house like wild-fire ! A mother should always select a bright, cheerful nurse for her child ; a heavy, gloomy person would give her child the horrors, and make him miserable : “Heaviness

in the heart of man maketh it stoop: but a good word maketh it glad.”—*Proverbs*.

423. *Work*.—A child should be taught to love work; the love of work should be instilled into him from his very childhood. He should be made to look upon work as being most honorable, and on laziness as being most detestable. Work is a blessed thing, a glorious prerogative, and we should be grateful to our Almighty Father for His having made work a very necessity of health and of happiness, and even of life itself. All who do not work either with their brains or with their hands are poor creatures, and are deeply to be pitied. Of course, I do not mean that a child should work with his brains—that should be left to “children of larger growth;” but he should work with his hands and with his feet at anything that is harmless, and that he chooses to work at. Moreover, he should be made to look upon work not as a penalty, but as a privilege. Many young men dawdle away their time; they have no heart nor soul in their work. The present Lord Mayor of London (1870) makes the following pertinent remarks on the value and utility of work and of “indomitable energy.” They are so good and so true that they ought to be written in letters of gold. He says—“The very worst feature

that I see in the present generation of young men is indifferentism. They dandle with life; they do not work with a will, neither do they play with a will. Many of them have too much self-esteem, which is a fruitful source of failure in life. To make a successful man, honest wholesome work is the only true path. Book-learning is not all that is required. Talk will not do it; it ends in nothing. Sharp practice will not do it; it defeats itself. The only safe way to success is work—constant work carried on in a genial spirit. In the language of a glorious old Book, ‘Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom in the grave.’”

424. *Work is to be Done.*—A mother ought to early instruct her child, that, when he is old enough, there is work for him to do, and that he must do it. A child ought to be early taught that work is most honorable, and, therefore, to be respected; while, on the other hand, idleness is most disgraceful, and, therefore, to be despised:—

“A work is to be done. Arise and do!”

425. *Work and Worry—a Comparison.*—It is not work that kills either man or woman; it is, on the contrary, a health-giver and a prolonger

of life; while worry is a canker that eats the very heart out: work is an appetizer; worry destroys the appetite: work is a purifier; worry is a blight: work tends to make people sweet-tempered and amiable; worry makes them cross-grained and unamiable: work is a trusty friend; worry a bitter enemy: work softens worry, and helps, if not to drive it away—for worry sticks like a burr—at least to make one bear it with equanimity. “It is not work that kills men; it is worry. Work is healthy: you can hardly put more on a man than he can bear. Worry is rust upon the blade. It is not the revolution that destroys the machinery, but the friction. Fear secretes acids; but love and trust are sweet juices.”—*Henry Ward Beecher*.

426. *Wroth*.—A mother ought never to be wroth with her child, however naughty he might be; the more naughty, the more gentleness she should display towards him. I do not say that she is not to appear annoyed—it is quite right she should; but she ought to show it “more in sorrow than in anger.” She should never forget, in her intercourse with her child, that “a soft answer turneth away wrath.” There is nothing more weakening and maddening than wroth; the nearer the friend the more terribly wroth acts upon the system; such, for

instance, as a mother to be wroth with her child, or a child with his mother,

“For to be wroth with those we love
Does work a madness on the brain.”

427. *You Rub the Sore when you should Bring the Plaster.*—It is folly for a mother, when her child, through carelessness, has fallen down and hurt himself, to scold him for it—he has already been punished for his heedlessness. She should apply the proper remedy, and then “throw oil upon the troubled waters,” and not, by way of scolding, throw vinegar into the wound:—

“You rub the sore,
When you should bring the plaster.”—*Shakspeare.*

428. *Youth.*—What a splendid description Shakspeare gives of a youth—of one who is between a man and a boy—who is in a kind of transition state, neither a grub nor a butterfly, neither a full-blown man nor a laughing school-boy—one who is “not yet old enough for a man, nor young enough for a boy; as a squash before ’tis a peascod, or a codling when ’tis almost an apple: ’tis with him e’en standing water, between boy and man. He is very well-favored, and he speaks very shrewishly; one would think, his mother’s milk were scarce out of him.” But, withal, some youths have noble

aspirations; when they have, such aspirations should, in every way, be encouraged; while other youths, unfortunately, have depraved minds and low and degraded habits. How many a son has been kept from the paths of vice through the influence of a loving and sensible mother; but here a father should come to a mother's assistance and give her a helping-hand in the matter; but, unfortunately, fathers are often so immersed in their own business that they neglect the responsible duties they owe their sons. Every father should endeavor to gain the confidence of his son. Advice and counsel from a father, if judiciously given, might often be of incalculable benefit—might be the saving of his son, and make him, instead of a degraded cast-away, a noble fellow—a credit to himself and to his family. In this matter, then, as in every other matter connected with the welfare of their offspring, a father and mother should go hand in hand together, and watch with jealous care, and with affectionate assiduity, the interests of their son and of their daughters—of those precious treasures which God in his great mercy has given them. Truly, the period of youth often decides whether the remainder of his life shall be good or evil—whether it shall be to him and to others a blessing or a curse.

In conclusion, I heartily trust that these few aphorisms on the mental culture and training of a child may, through God's blessing, be of service to many an anxious mother, and help her out of some of the difficulties that daily and hourly beset her path. A mother, indeed, has arduous and often very trying duties to perform, and is in frequent need of a counsellor and friend.

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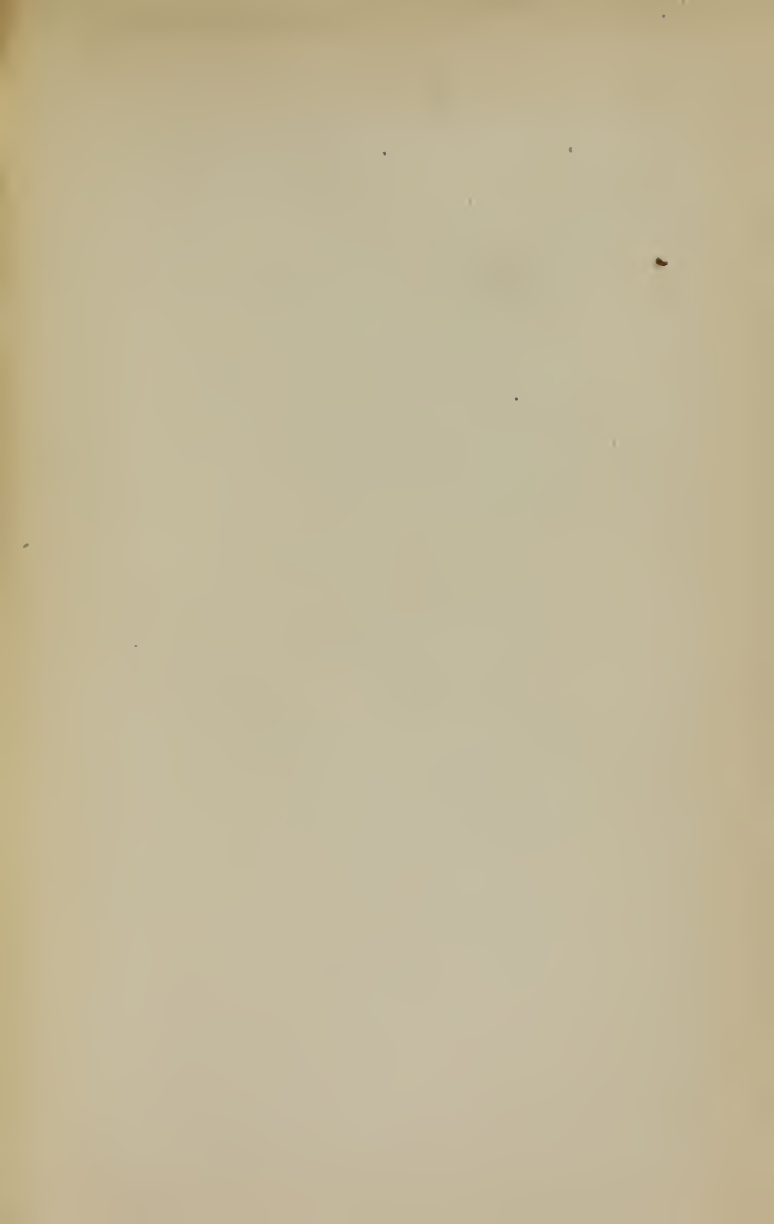
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